



# Getting Started with Meditation

Meditation is a powerful tool for managing stress and anxiety, but it can feel intimidating. You don't have to be a guru to get the most out of meditation. All it takes is a quiet place and a few minutes every day.

## How to get started



**Find a quiet space:** Choose a location free from distractions where you can sit or lie comfortably.



**Get comfortable:** Sit in a chair with your feet flat on the ground or cross-legged on the floor. Keep your back straight but relaxed. If lying down, make sure you are facing upwards, and your arms are relaxed at your sides.



**Set a timer:** Start with 5 minutes a day and gradually increase the duration as you get more comfortable.



**Close your eyes and breathe deeply:**

Take slow, deep breaths, focusing on the rhythm of your inhale and exhale. Try to maintain a consistent rhythm in your breathing and let that draw your focus.



**Focus on the present:** Let go of any racing thoughts as your focus on your breathing. Be aware of your thoughts and emotions, but don't analyze them. If your mind wanders, bring your attention back to your breathing.

While it can take time to make meditation a natural part of your daily routine, it's worth the effort to invest in your mindfulness.



Call **1-888-287-2680**, Monday through Friday, 8 a.m. to 5 p.m. We can match you with a mental health specialist in your area or help you find addiction treatment.



Call **888-720-5237** to get help with stress management, depression & anxiety, alcohol & drug abuse, eating disorders, and more.  
[behavioralhealthsystems.com](http://behavioralhealthsystems.com)  
(Password: BHT)



The number one app for sleep and meditation—designed to help lower stress, anxiety, and more. [Sign in to kp.org](http://kp.org) to get started.



Headspace Care (formerly called Ginger) offers 1-on-1 emotional support coaching and self-care activities to help with many common challenges. [Sign in to kp.org](http://kp.org) to get started.