**Simple Meditation:**

Put your phone on silent

Intend to Meditate 3-5 minutes or longer, can use a timer,

Close your eyes if comfortable,

 Acknowledge and accept any noise in the environment,

 Make sure your seating is comfortable

Start with long, slow deep breath: silently count 4 on the inhale, 4 on the exhale, pause for 2 beats, repeat 4 to 5 breath cycles (if 4 is too much, use 3, don’t worry too much about counting, it’s just a focus point for your long, slow deep breath)

Body relaxation: release any tension, let it drain out of you

Bring attention to breath/ chest, belly

Notice difference between turning to internal world from external world

Noticing inhales, exhales

Noticing how thoughts rise and fall and being a witness to that without getting swept away by thought and keep returning to your breath focus.

Go easy on yourself and no judgment if it feels difficult at first, this is a practice that you can do any time for even a few minutes to relieve stress.