

MINDFULNESS & MEDITATION TO REDUCE STRESS AND ANXIETY

Log onto our course website: www.missfree.weebly.com.

Click the button titled "How to Meditate" and use the information you find there to complete this handout.

You must read, then re-type, the information you find - *do not copy and paste!*

This will be added to your personal portfolios when complete.

WHAT IS THE GOAL OF MEDITATION?

WHERE SHOULD YOU MEDITATE?

Create a step-by-step guide of instructions for how to meditate. **For each step, write one point** to explain it.

PREPARING TO MEDITATE:

1.

2.

3.

4.

5.

6.

MEDITATION PRACTICES *(choose only 4)*

1.

2.

3.

4.

TIPS FOR MEDITATING IN EVERYDAY LIFE

1.

2.

3.

4.

5.

6.