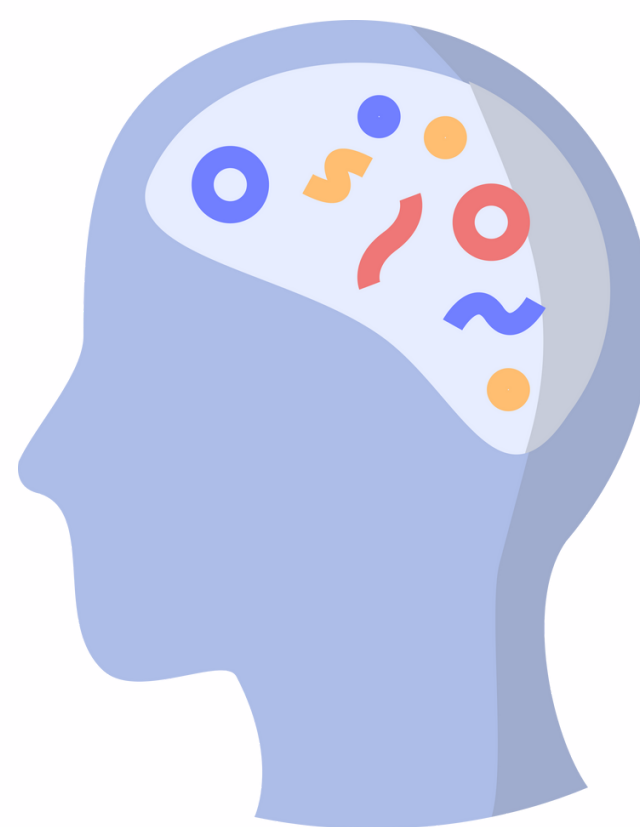


# Meditation Techniques



**01: Guided meditation:** Listen to a guide or video that explains relaxing images while you try to picture yourself in that environment.

**02: Mantra meditation:** Focus on a word or phrase and repeat it to yourself.

**03: Mindfulness meditation:** Focus on the present moment and observe it.

**04: Walking meditation:** Observe your surroundings and focus on what you observe and feel while walking.

**05: Prayer:** A part of many religions. You can read a prayer or write/say your own.

**06: Read/write/reflect:** Take time to read something meaningful to you or write down your thoughts and take time to reflect on them.

**07: Focus attention on good things:** Think of people you know with love and kindness.

Source:

