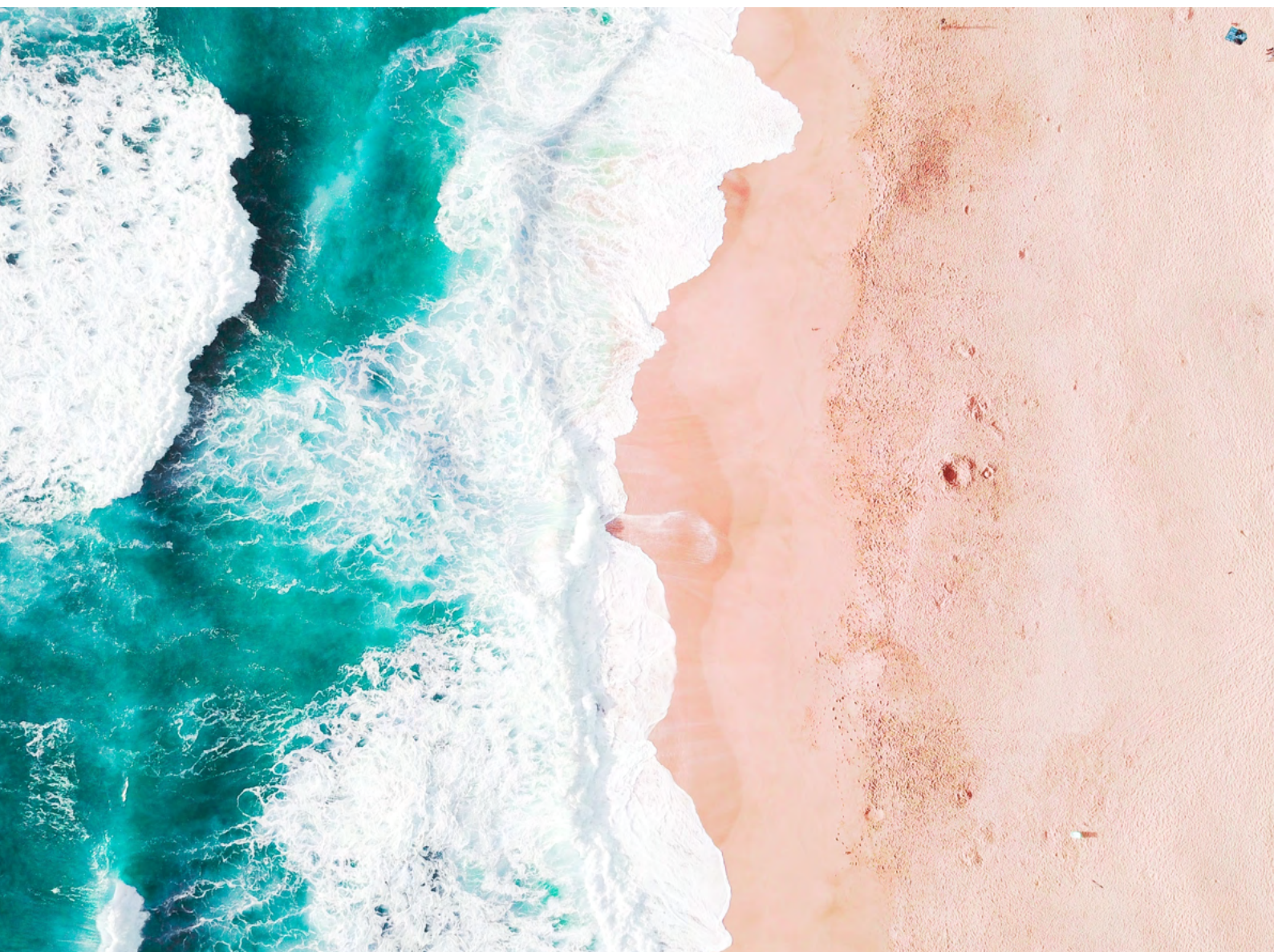


# MEDITATION GUIDEBOOK

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**PREPARED AND  
PRESENTED BY**

Kristen Budd



## A LITTLE BIT ABOUT ME...

*Kristen Budd*

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My gorgeous husband Pascal and our two young children live in Avoca Beach on the the Central Coast.

I work as General Manager for Southern Cross Austereo covering the Central Coast and Newcastle Offices. We represent Triple M and HIT in both markets with over 100 local employees.

I study Meditation and also run meditation classes and workshops in my own workplace and also for anyone wishing to create their own meditation practice.

Meditation has changed my life for the better!  
I am a lot more grounded, less anxious and more focused in my everyday pursuits.

Meditation can be dismissed as a New Age or hippy practice, however in my experience it has provided me with clarity to my thinking amid a hectic and busy life. My meditation practice also provides me with a beautiful sense of calmness along with a strong resilience.

I love to help others find a technique that resonates with them and assist in creating and implementing a daily practice.



# WHAT IS MEDITATION?

*Meditation is a learned skill wrapped into a consistent practice.*

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Meditation isn't about becoming a different person, a new person, or even a better person. It's about training in awareness and getting a healthy sense of perspective. You're not trying to turn off your thoughts or feelings. You're learning to observe them without judgment. And eventually, you may start to better understand them as well.

- Headspace.com

*Learning to meditate is like learning any other skill. Think of it like exercising a muscle that you've never really worked out before. It takes consistent practice to get comfortable.*

*There's no such thing as perfect meditation. Sometimes your focus will wander or you'll forget to follow your breath. That's OK. What's most important is to meditate consistently. The journey is more important than the destination.*

*It takes time to get comfortable with your mind. There might be setbacks along the way but that's part of meditating. Keep practicing. You're doing great just by showing up.*

## WHAT'S IN IT FOR ME?

When we sit to meditate, we are looking after ourselves in ways that might not at first seem obvious.

The benefits of meditation are numerous and varied, and supported by science.

Many people start meditating to manage stress, reduce anxiety, and to cultivate peace of mind. But there are thousands of studies documenting other less-known mindfulness meditation benefits, which can have a positive impact on mental, physical, and emotional health.

# BENEFITS OF MEDITATION.

*When you establish a meditation practice and repeat it consistently, the health benefits are many...*

*There are thousands of studies documenting mindfulness meditation benefits, which can have a positive impact on our mental, physical, and emotional health.*

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## ATTENTION + MEMORY.

*..enhanced by meditation.  
Decrease in mind wandering.*

## ANXIETY, STRESS + DEPRESSION.

*Reduces response of amygdala.  
Greater hippocampal grey matter density in meditators - lower associated with depression.*

## EMOTION + BEHAVIOUR.

*Less likelihood of distraction during tasks with reduced emotional interference.*

## BODY AWARENESS, PAIN + ADDICTION.

*Improved body awareness and effective for some forms of addiction.*

## SLEEP.

*Increase in low-frequency oscillatory activities. Increase in gamma range.*

## CREATIVITY + PROBLEM SOLVING.

*Perform better on tasks requiring cognitive flexibility. Divergent/Convergent thinking improvements.*



## WHAT TYPES OF MEDITATION ARE THERE?

*There are literally hundreds of techniques to choose from...what matters most, is the one that resonates with you!*

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### BODY SCAN

Often, our body is doing one thing while our mind is elsewhere. This technique is designed to sync body and mind by performing a mental scan, from the top of the head to the end of your toes. Slowly moving over your body, bring attention to any discomfort, sensations, tensions, or aches that exist.

### FOCUSSED ATTENTION

This form of meditation is fairly straightforward because it uses the object of our breath to focus attention, to anchor the mind and maintain awareness. Notice your mind starting to wander? Simply return to the breath.

### RESTING AWARENESS

Rather than focusing on the breath or a visualization, this technique involves letting the mind truly rest; thoughts may enter, but instead of distracting you and pulling you away from the present moment, they simply drift away.

# HOW TO MEDITATE



*Meditation doesn't have to be daunting!*

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*With so many different meditation techniques and traditions to try, it's natural to feel overwhelmed, confused, or even silly at first.*

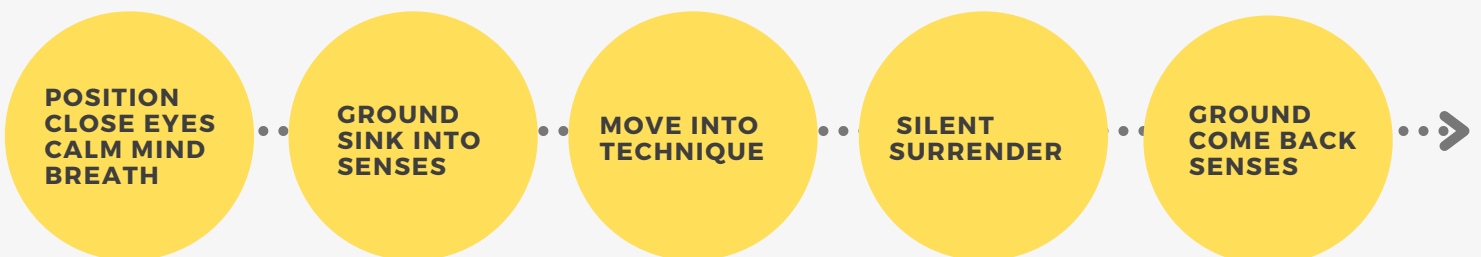
Most meditations begin by sitting in a quiet place, closing the eyes, calming the mind, and focusing on the breath. But there's more to meditating than sitting quietly and breathing. When we meditate, we are essentially cultivating awareness and compassion; we are training the mind to stop being easily distracted and instead be more focused in the present moment. Using the breath as our anchor in the moment, we simply sit and gradually learn to let thoughts and feelings come and go.

When we start to meditate the mind will jump all over the place. Meditation is not about stopping thoughts. We sit and practice to observe our thinking without getting caught up in our thoughts and emotions. We learn to tame mind by developing an awareness for those moments when our attention has wandered off. Each time we notice we're distracted, we build our awareness, and we bring our attention back to the breath. Through the process of meditation, the mind becomes more comfortable with this idea of sitting still, and we can begin to learn how to integrate the qualities experienced during meditation practice – calmness, focus, compassion, mindfulness – into the rest of our day.

- Headspace

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*Basic foundation for meditation...*



# INCPORPORATING MEDITATION INTO YOUR DAY

- 01 Setting up a dedicated space
- 02 Carving out appointment time  
"Same place, Same time"
- 03 Being realistic and opportunistic
- 04 Weekly Group Classes



## TOOLS + RESOURCES

*Insight Timer*  
*Calm*  
*Headspace*

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