



RECOVERY MONTH: MEDITATION LIVE EVENTS

9/14 Managing Anxiety with Mindfulness

Daily anxiety is a normal human experience. Learn about tools you can use to help settle anxious energy and feel better.

9/14 Morning Routine Meditation

Join live weekdays at 6am PST for a morning meditation to set yourself up for a day filled with love, joy, and abundance. Plan to sit for about 15 minutes.

9/15 Self-Compassion Meditation

Compassion starts with us. When we learn to appreciate ourselves and gain strength from the inside, we're better able to serve all of life.

9/18 Cycle Breathing Centering Practice

Guided practice through a Cycle Breathing technique aimed at cycling out the habit energy of past and future.

9/20 Covid-Anxiety Strategies & Support: Dealing with Worry

In this session you will learn how to manage and reduce worries, do a brief mindfulness activity, & have time for some Q&A.

9/25 Make Peace with Your Imperfections

Join a brief talk and guided meditation to help you to view yourself with a kinder, more compassionate heart.

MEDITATION MADE EASY: A 6 STEP GUIDE

- **Step 1:** Find a quiet place where you will not be disturbed.
- **Step 2:** Find a comfortable upright sitting position. Any position is fine.
- **Step 3:** Pick a focus point to non-judgmentally observe. It can be anything- a point a few feet in front of you on the floor, a soothing sound, an image in your mind, or just your breath.
- **Step 4:** Once your mind wanders, gently bring your attention back to your focus point.
- **Step 5:** Repeat for 5 – 20 minutes.
- **Step 6:** Be kind to yourself. You don't need to be "good" at meditation to benefit from it.

Office of Care and Civility

See all of the FREE live InsightTimer events [HERE](#).