

Meditation Awareness

Find your calm, your way.



Leicestershire Partnership
NHS Trust

Clear mind, feeling calm.

What is meditation?

Meditation is the act of giving your attention to only one thing as a way of becoming calm and relaxed

Why meditate?

- Supports focus and helps to regulate and calm emotions
- Improves sleep quality
- Reduces stress and anxiety

Did you know?

Meditation has been around for thousands of years and is practised all over the world.

Mental Health Support
Teams in Schools



How do you meditate?

- Sit comfortably in a quiet place with a straight back
- Set a timer for 5–10 minutes
- Focus entirely on the sensation of your breath entering and leaving your body
- When your mind wanders - which it will - gently return your focus to the breath without judgment
- When the time is up, open your eyes slowly and take a moment to notice your surroundings
- When you first start trying meditation, it might help to count your breath (breathe in for 4 and out for 4)



For more information

Use the QR code below and you can explore mindfulness, self-care and find other tips for feeling calm.

Scan this QR code or visit the link for more about our support services:

leicspart.nhs.uk/mental-health

