

# Traditional meditation



Meditation is a skill which, with practice, enables you to still and soothe the mind and relax the body. It can also include practices which develop attention and awareness. This trains thought processes, bringing them under greater control and giving you the opportunity to re-direct them.

Meditation can lead to increased calmness and physical relaxation, improved psychological balance, improved ability to cope with pain or illness, or to enhanced overall health and wellbeing.

When you work and study most of the time, it can be difficult to stop thinking about what you have done, or need to do next. Meditation can help you to focus on the present moment, which can help to reduce distress

### There are generally four basic essentials for meditation practice

- A quiet location with as few distractions as possible.
- A specific, comfortable posture (sitting, lying down, walking, or in other positions).
- A focus of attention (a specially chosen word or set of words, an object, or the sensations of the breath).
- An open attitude (letting distractions come and go naturally without judging them).

### Try these meditation tips

- Creating a space and time, especially when you first start to meditate, can assist you to develop regular practice.
- Start at five minutes then increase it by a couple of minutes each day.
- To create a habit, it helps to do the same activity at the same time each day for three weeks.
- Daily practice may lead to noticeable benefits. The online resources and apps on the side menu will help you start to practice meditation through guided sessions. You can also find others online which might be beneficial. Eventually you won't need a guide but it's a good place to start.

For more stress-reduction techniques or other skills training contact us at Student Wellbeing.

### Online resources

**National Center for Complementary and Integrative Health**  
[www.nccih.nih.gov/health/meditation/overview.htm](http://www.nccih.nih.gov/health/meditation/overview.htm)

### Apps

Search on the App Store or Google Play

#### Headspace App

Headspace is a mindfulness and meditation app with a range of audio script.  
[www.headspace.com/headspace-meditation-app](http://www.headspace.com/headspace-meditation-app)

#### Insight Timer

Insight timer is a meditation app providing a large variety of guided meditations to suit your current needs.  
[www.insighttimer.com](http://www.insighttimer.com)

#### Smiling Mind

Smiling Mind is a mindfulness app with a number of different audio scripts to help you develop your mindfulness skills.  
[www.smilingmind.com.au/smiling-mind-app](http://www.smilingmind.com.au/smiling-mind-app)

#### Spotify

Spotify is a music app that provides a number of playlists for guided meditation.  
[www.spotify.com/au](http://www.spotify.com/au)



**Access support and more information**

**[www.newcastle.edu.au/counselling](http://www.newcastle.edu.au/counselling) or call (02) 4921 6622**