

Meditation

Healthy Lifestyle

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WHAT MAKES IT MEANINGFUL

- Embracing quiet time
- To learn how to quiet my mind and thoughts
- To learn how to relax my body
- To help me to learn a new skill that I can use when I need to calm myself
- Promotes health/wellness.

TIME

Meditation can be done for 5 minutes or up to an hour

MATERIALS

- IPAD
- Computer or phone
- Yoga mat, or comfortable chair to sit in
- Any music that is quiet and relaxing



Meditation

INSTRUCTIONS

- Choose quiet relaxing music to guide the meditation
- Sit comfortably, hands folded in lap or by your side
- Find a comfortable spot and close your eyes if wanted
- Begin a countdown of 10, 9, 8, 7, 6, ...1 and start the music
- Relax your body and listen to the music, try to clear your thoughts and simply focus on the music

RESOURCES

https://www.youtube.com/watch?v=ssss7V1_eyA - 5 minutes

<https://www.youtube.com/watch?v=ZToicYcHIOU> - 10 minutes

https://www.youtube.com/watch?v=86m4RC_ADEY&t=39s - 20 minutes

SUPPORTS NEEDED

Meditation can be done alone or with others.

A support person may help with choosing music or guided meditations that might be enjoyable for the person

OTHER THINGS TO NOTE:

- How did you feel when you were listening to the music?
- Did the meditation help you relax?
- What were some thoughts that you were thinking during the music?
*Use cue cards to help with identifying feelings if needed