

# Meditation Techniques

The goal of meditation is a calm mind and body; however, any challenges you may have with being able to focus can produce the opposite effect. For those struggling to quiet the body and mind, following a specific script or model may be helpful:

- 1 Think of a word that stirs a positive emotion for you—an emotion perhaps you'd like to feel during and after meditation—such as joy or peace.
- 2 Picture that word in your mind. Spell it out on your arm with your fingertips. Tap out its syllables on the palm of your hand. Whatever helps you keep that word front and center, go with it.
- 3 Think of that emotive word as a color, and picture it in that color. Then picture the backdrop to the word in another color.
- 4 Keep writing the word in your head, one letter at a time, perhaps even saying the letters out loud in a soft voice.
- 5 Repeat these steps for 10 minutes (setting a timer will help you stay on track).

As with anything new, your comfort and ease with meditation will grow with time and practice. Don't get discouraged if you find that your mind and/or your body is distracted the first few times you meditate. Keep moving forward, even if you don't feel any noticeable difference. As time goes on, these mindful moments will add up and eventually transform your restless mind and body into one at peace.

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**We know it can be difficult to get the exercise you want while sheltering in place.** It is especially important during this time to reduce your risk of hospitalization. Aegis Therapies is proud to partner with your community to keep you healthy through therapy services. Physical, occupational and speech therapy services are available to help with everything from building balance and strength, to memory and pain management.

**Contact the therapy clinic for more information.**

Source: <https://extramile.thehartford.com/wellness/healthy-living/meditation/>  
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