

# Guided Meditation

## What is Meditation?

Meditation is a mind-body practise that helps us to keep calm and stay connected with ourselves. Meditation can help us to relax and clear our minds. It is an important skill to learn as it can support our ability to read and respond to how we are feeling and get through any difficult situations we may face.

Read more about the benefits of practising meditation regularly below.

### Better sleep

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Practising meditation regularly will help your body to relax and sleep better. It can help your mind to feel clearer which will allow you to fall asleep faster and have a more consistent rest.

### Reduced anxiety

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Anxiety can be a thought or feeling that can feel very frightening. Meditation can be a great way to reduce worry and stay calm.

### Increased focus

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By clearing the mind, meditation can allow you to focus better on your school work or hobbies. It can even increase your ability to remember the things you have been learning!

### Reduced stress level

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It's a fact that meditation reduces your stress level - this is a good way to help relax and let go of any worries you have. Less stress will also make you feel happier!



## Guided Meditation

Why not try a guided meditation of your own? It helps to find a quiet space and get into a comfortable position, such as sitting or lying down. Some people like to put on some calming music while they meditate!

Think of your favourite calm and soothing places in nature – you can visit them anytime in your mind.

1. In your mind, picture a place that feels peaceful and safe.
2. Imagine a journey to your calm, safe place.
3. Try to imagine what you see – what colours, objects and textures are in this place?
4. Try to imagine what you feel – is it warm or cold? Can you feel sand or grass as you make your way around?
5. Try to imagine what you smell. Can you smell anything familiar?
6. Gently “wake up” from your meditation. Sit for a few moments with your eyes closed, then take a few deep breaths and bring your awareness back to your body.



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