



# Practical Meditation

For You and Your Workplace

## FAQ

### **How Can I Build a Daily Mindfulness Meditation Practice?**

Trying to build a daily mindfulness meditation practice is challenging. It's a habit that takes time to form, so try to be gentle with yourself in the process.

Start with just a few minutes each day, at times that make sense to you. This may not be at the same time every day, although it helps the practice to take root if you're able to do so.

Ultimately, it must work for you in your daily life, so it's better to find a time and place where you will not be disturbed, even if its just for a few minutes at a time. You can increase the amount of time you practice as you feel able to sit for longer.

Think about opportunities that might arise during the day when you could practice, e.g. in the car at the start or end of a journey, on the train, in your lunch hour, when your child is taking a nap.

Most of all, be gentle with yourself and consider whether there is something that might motivate you to practice daily – e.g. a reminder on your fridge, your phone or your desk at work.