

CONTEMPLATION



Contemplation covers practices used to improve mental and emotional states including breathing, attention training, visualisation, prayer, or mindfulness. Practices can range from 20 to 60 minutes unbroken per day all the way to taking a minute every hour to breath diaphragmatically and slowly. Those who meditate reduce distress, feel calm and peaceful, increase happiness, improve health and function better at work and in relationships.



Find a practice to help focus the mind, build positive emotion, and generate vagal tone (increased heart rate variability) through good posture and diaphragmatic breath.



We recommend learning about some options and practicing until you find one that works for you. The key is to do a little every day. Even 5 minutes.



Simply sitting upright and breathing well is a great start.



Extend the time as your mind becomes stronger.