

Facilitator Guide: Meditation Practice

Introduction: Meditation Practice

You Say: "You don't have to sit cross-legged for 30 minutes to practice meditation. It can be as simple as taking a mindful breath or noticing what's happening around you. Today we'll have a short conversation about ways to bring meditation or mindfulness into everyday life."

Key points to highlight:

- Meditation is about **paying attention on purpose**.
- It helps with **stress, focus, and self-awareness**.
- You can practice mindfulness in many everyday situations.

Step 1: Get the Ideas Flowing

You Say: "Let's start with something simple: breathing. You can pause and take a few mindful breaths anytime—at your desk, in a meeting, or before making a decision."

Ask the group:

- "Where else might you be able to have a mindful moment in your day?"

Offer examples:

- **Walking** – Notice your feet hitting the ground, the sounds, and sights around you.
- **Driving** – Try driving without music and simply observe the view, the motion, the road.
- **Brushing your teeth** – Focus on the feel of the toothbrush, the rhythm of each brush.
- **Doing dishes, taking a shower, or folding laundry** – Just notice each movement, smell, sound, or sensation.

Facilitator Quick Tips:

- This is not about "clearing your mind"—it's about coming back to the present moment.
- There's no right or wrong way to try it—just curiosity and practice.

Step 2: Encourage a Small Try

You Say: "If this idea resonates with you, try picking one activity this week where you can practice being fully present. Even 30 seconds of attention can make a difference."

Optional reflection:

- What small moment might you turn into a mindful one this week?
- How did it feel when you took just one mindful breath?

Summary

The **Meditation Practice** tool helps participants explore how mindfulness and presence can support recovery. Even small, simple moments of awareness can reduce stress and bring more calm into everyday life.