



## Mindful Meditation and Quiet Space

Tuesdays  
3:00pm  
JG 304

We know you're extremely busy, but research shows that taking just 10 minutes a day for a mindful, restorative pause can reduce stress and improve focus, concentration, and creativity. With this in mind, Student Services invites you to "Take Ten" by carving out 10 minutes from your busy schedule for a reflective break.

To assist you, we will be leading a brief guided meditation every Tuesday at 3:00 pm in JG 304. Tea and light refreshments will be served.

JG 304 will also be reserved as a designated Quiet Space for the remainder of the hour (until 4:00 pm) each Tuesday.

*Each time you participate in a "Take Ten" Guided Meditation you'll receive a stamp on your "Take Ten" Tracker. Upon earning 8 stamps, you'll be awarded a great PRIZE that will enhance your mindfulness practice!*

## A Basic Mindfulness Meditation

Follow these four simple steps to guide yourself through a basic mindfulness meditation:

1. Find a quiet place where you won't be interrupted or distracted.
2. Sit on a straight-backed chair or cross-legged on the floor.
3. Find a point of focus, such as your breathing—the sensation of air flowing into your nostrils and out of your mouth or your belly rising and falling—or an external focus, such as a candle flame or a meaningful word that you repeat throughout the meditation.
4. Don't worry about distracting thoughts that go through your mind or about how well you're doing. If thoughts intrude during your relaxation session, don't fight them, just gently turn your attention back to your point of focus.

## Mindfulness Apps

For additional content, check out the following mindfulness apps:

- [Insight Timer](#) (free)
- [Smiling Mind](#) (free)
- [Mindfulness Daily](#) (free)
- [Calm](#) (free; optional subscription for additional content)
- [Headspace](#) (free trial)

## Power of the Pause: Benefits of Practicing

- Improved attention and concentration
- Increased learning and memory
- Reduced stress and anxiety
- Enhanced sleep, energy, and productivity
- Increased creativity and cognitive flexibility
- Reduced emotional reactivity
- Improved personal relationships
- Heightened self-awareness
- Improved health and immune functioning
- Enhanced overall emotional well-being

## Online Guided Meditations

If you prefer more guidance, the following sites offer free meditations for streaming or download:

<https://www.tarabrach.com/guided-meditations/>  
<https://www.uclahealth.org/marc/mindful-meditations> (variety in English and Spanish)

<http://www.positivityresonance.com/meditations.html> (loving kindness)

<https://chrisgermer.com/meditations/> (mindful self-compassion)