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*Sponsoring Group/Organization	Meditation and Mindfulness SIG
Please indicate your target audience.	M1s/co2023
*Posting Heading/Title	Meditation/Mindfulness Tips
*Summative Statement/"Hook Sentence"	Having trouble concentrating? Separating home life from studying? Need to redirect your thoughts from COVID? Here are some tips for developing a personal meditation practice from the Meditation and Mindfulness SIG
Additional Information	<p>If you are struggling with focusing and separating studying from home life meditation can be a great tool to explore. As we start MedNeuro remotely, it can be nice to incorporate a new habit into a new beginning. Some Tips about time of Day/Meditation Spaces: Set a consistent time everyday - whether it be morning, lunchtime, before bed - if you have a routine you'll be much more likely to maintain the habit. Make a little space away from your desk/work area where you can sit. It can signal to your brain that it's time to separate from those tasks. Set realistic goals - if you're not sure you can sit for 10 minutes, try a 5 minute meditation. Any amount of time spent being mindful is better than not doing it at all! If you're feeling tired of sitting, try walking meditation. The apps Headspace and Waking Up have cool walking meditation options. Some of our favorite meditation Apps: Waking Up - designed by Neuroscientist Sam Harris this app includes guidance and discussion about brain behavior. Insight Timer - lots of guided meditations to explore, and some really nice options for background sound/music if you want to simply meditate with a timer Don't hesitate to reach out with questions. Jenna and Lexi will continue to lead Zoom Meditations through MedNeuro and we are happy to share more of our resources for your personal practice.</p>

Form: [Student Services - WeeklyWire Post Submission form](#)

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