

MEDITATION STYLES TO TRY

There's no single right way to meditate. Try a few, keep the one that actually sticks.

Body Scan

Slowly move attention head to toe, noticing and releasing tension as you go.

Best for: absolute beginners

Guided Meditation

Someone else's voice leads you through it. The easiest way in.

Best for: when sitting in silence feels too hard

Mindfulness Meditation

Just notice the breath, and gently return to it every time the mind wanders.

Best for: building the core skill of attention

Visualisation

Picture a place, a goal, or an outcome in as much detail as you can.

Best for: pairing meditation with a goal you're working towards

Mantra Meditation

Repeat a word or phrase, letting it anchor your attention.

Best for: a busy mind that needs something to hold onto

Walking Meditation

Meditation without sitting still, for the people who can't sit still.

Best for: those who find stillness the hardest part

THE RULE

Try a different style every few days. By the end of the month, keep the one that actually stuck.