Top Tips for Meditation

By Cathy Presto

Restless Mind (Monkey Mind)
Thoughts constantly jump from one thing to another, making it hard to focus or stay present.

Gently bring your attention back to your breath or chosen point of focus. It’s normal for the mind to wander—each return builds mindfulness.

Physical Discomfort
Sitting still for extended periods can cause aches, stiffness, or pain, especially for beginners.

Adjust your posture using cushions, a chair, or back support. Stretch briefly before meditating, and start with shorter sessions.

Boredom

Meditation can feel uneventful or tedious, especially when people expect dramatic experiences.

Shift your perspective—boredom is part of the practice. Approach it with curiosity. Guided meditations or different styles (like walking meditation) can help.

Sleepiness or Drowsiness

Slowing down the body and mind may lead to falling asleep unintentionally during meditation.

Try meditating sitting upright, with eyes open or partially closed. Morning meditation or doing it in a well-lit room can also reduce sleepiness.

Impatience or Expecting Quick Results
Many become frustrated when they don’t experience immediate peace or clarity.

Focus on the process, not the outcome. Meditation is a long-term practice. Noticing subtle changes over time is more realistic than expecting sudden transformation.

Difficulty with Consistency
Maintaining a regular meditation practice can be hard due to lack of time, motivation, or discipline.

Create a simple routine—same time and place daily, even for 5 minutes. Use reminders, habit trackers, or meditation apps for support.

Emotional Discomfort
Suppressed feelings may surface during meditation, which can be overwhelming or unsettling.

Recognize that strong emotions are a sign you're becoming more aware. Ground yourself with breath and body awareness. Seek support if emotions feel too intense.

Overthinking the Process

Worrying about whether you're “doing it right” can become a distraction in itself.

Keep it simple. There’s no perfect way—just sit, breathe, and observe. Let go of the need to analyze or control the experience.

Criticising yourself for being distracted or “failing” at meditation often leads to discouragement.

Practice self-compassion. Distraction is normal. Instead of judging, say, “Ah, thinking,” and gently return to the present.

Some people struggle to connect with the purpose or meaning of meditation, making it feel hollow or pointless.

Reconnect with your “why.” Read about meditation benefits, or explore different types (loving-kindness, body scan, etc.) until something resonates.

Ready to connect?

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