

Resources for beginning a mindfulness meditation practice:

[Info on how to meditate, tips for starting a meditation practice, and several guided meditations](#)

(from mindful.org)

[Helpful instructions & tips for meditation posture](#) (short YouTube video)

[Meditation 101: Intro to Mindfulness of Breathing](#) (short YouTube video)

Resources for sustaining a mindfulness meditation practice and making it more consistent:

[11 Ways to Make Meditation a Daily Habit](#)

[Keeping a Consistent Meditation Practice](#)

[3 Ways to Build a Sustainable Meditation Practice](#) (short YouTube video)

Dealing with 3 common challenges during meditation: Mind wandering, sleepiness, and boredom

<https://www.youtube.com/watch?v=X8xu5jouHVk>