

How to Meditate Before Exams

1



Get comfortable

First, sit in a comfortable position.

2



Focus on your breath

Breathe through your nose. Watch as your breath goes in and out. This is where you'll practice holding your attention.

3



Watch thoughts without judging

Thoughts will come, and you'll forget that you're supposed to be focusing on your breath. That's okay. Don't judge yourself when this happens.

4



Return to your breath

Once you've noticed that thoughts have pulled your attention away from your breath, gently come back to your breath.