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.