

Headspace for Educators

Meditation 101



Meditation 101

WHAT IS MEDITATION?

Meditation isn't about becoming a different person, a new person, or even a better person. It's about training in awareness and getting a healthy sense of perspective. You're not trying to turn off your thoughts or feelings. You're learning to observe them without judgment. And eventually, you may start to better understand them as well.

WHAT IS MINDFULNESS?

Mindfulness is the ability to be present, to rest in the here and now, fully engaged with whatever we're doing in the moment.

MEDITATION IS A SKILL

Learning to meditate is like learning any other skill. Think of it like exercising a muscle that you've never really worked out before. It takes consistent practice to get comfortable. And it's usually easier if you have a teacher. We've got you covered there.

IT'S MEDITATION PRACTICE, NOT MEDITATION PERFECT

There's no such thing as perfect meditation. Sometimes your focus will wander or you'll forget to follow your breath. That's OK. It's part of the experience. What's most important is to meditate consistently. It's one of those things where the journey is more important than the destination.

THE MIND CAN BE A WEIRD PLACE

It takes time to get comfortable with your mind. There might be setbacks along the way but that's part of meditating. Keep practicing. You're doing great just by showing up.

Trouble meditating?

Everyone runs into a few bumps when they're first learning to meditate. It's pretty common. Fortunately, just recognizing and acknowledging an obstacle can often help you overcome it.

Here are a few common problems that people tend to run into and how to move past them.

WHEN IS THE BEST TIME TO MEDITATE?

We recommend meditating first thing in the morning if you can. It's a nice way to start the day and is usually the easiest time to find a few undisturbed minutes. The most important thing is to pick a time that works for you and try to consistently meditate at that time.

HOW DO I FIND TIME TO MEDITATE?

Try to anchor your practice to another part of your routine, like brushing your teeth. Wake up and think: meditate, brush teeth, drink coffee. And don't be frustrated if you miss a session. It happens. Just start right up again the next day.

WHERE SHOULD I MEDITATE?

No need to hike to the nearest mountaintop. Any reasonably quiet, comfortable place where you're not likely to be interrupted is just fine.

WHAT SHOULD I WEAR TO MEDITATE?

You can wear whatever you like so long as you're comfortable. It also helps to take off uncomfortable shoes and to loosen tight clothing, like ties or belts, if they're bothering you.

HOW DO I SIT DURING MEDITATION?

Sit in the middle of a chair with your legs uncrossed, feet flat on the floor and hands resting on the legs or on your lap. The important thing is to set your body up in a way that your muscles are able to switch off and relax.

Living Lexicon

AROUND-THE-HOUSE

Meditations and exercises themed around home activities

BASICS

This is our introductory pack. It's free for every user that creates a Headspace account.

BUDDY

A friend that users can invite to buddy on on their Headspace Journey. They can track each other's progress.

CLASSIC

Generic guided and unguided meditations

DISCOVER

One of the three main sections of the app where users can discover Headspace content both old and new.

EVERYDAY HEADSPACE

Each morning, Headspace puts out a unique, guided session that explores a different aspect of the mind. These can be done alongside a user's current pack, or instead of it. Each one only lives for 24 hours and replaces the one from the day before.

HEADSPACER

Anyone who uses or has used Headspace

JOURNEY

The adventure that users take when they learn, practice, and master meditation using the Headspace app. It's also a section on the Profile screen that shows a user's progress.

MILESTONES

Significant achievements that users reach throughout their Headspace Journey e.g., completing a pack or reaching a 100-day run streak

Living

Lexicon cont'd

MINDFUL MOMENTS	Daily push notifications that help remind users to be mindful
MINI	A short exercise or meditation (generally three minutes or less)
NUDGE	A quick email or text that a Buddy can send to give their friend a bit of encouragement
PACK	A group of meditation sessions with a central theme
PROFILE	One of the three main sections of the Headspace app where users can track their progress and see their stats
REMINDER	A daily push notification that helps users make Headspace part of their daily routine
RUN STREAK	The number of consecutive days a Headspacer has meditated
SESSION	An individual meditation
SINGLE	A one-off mindfulness exercise that helps users be more mindful during specific activities like cooking, working out or giving a presentation
SOS	Quick meditations designed for meltdown moments
TECHNIQUES	Specific meditation or mindfulness techniques that Andy teaches in meditations and mindfulness exercises

Techniques

BODY SCANNING

A meditation technique designed to bring your body and mind together.

VISUALIZATION

This technique is just imagining something. But for most of us, it takes some practice to get it right. Usually because we're trying too hard.

NOTING

Get a little direction and clarity by identifying distractions with this technique.

FOCUSED ATTENTION

A technique that helps you develop an anchor to return to when your mind wanders.

LOVING KINDNESS

A visualization technique designed to help train the mind to let go of hostility.

REFLECTION

Learn to be curious and listen to the mind. The goal is to create a clear, quiet space you can drop a question into.

RESTING AWARENESS

Usually you focus on something specific when you meditate. But, with this technique, you practice not focusing on anything at all.

SKILLFUL COMPASSION

You've probably heard about breathing in the good and breathing out the bad. This technique is about flipping that on its head and, instead, focusing on the happiness of others.

FAQs

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