

Why You Should Take 5 Minutes Each Morning To Meditate

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Living in the modern world, your mantra is probably "go, go, go." While it might be routine to jump out of bed and immediately check your email as you also start brushing your teeth and making breakfast, resist the urge throw yourself into your day the second you open your eyes. Instead, spend a few minutes focusing on what should *actually* be your top priority: yourself.

"If you get up and race out the gate, you'll constantly be racing the whole day," Suze Yalof Schwartz, founder of Unplug Meditation, a guided meditation studio in Los Angeles, tells SELF. Some people meditate best by clearing their minds of every intrusive thought, but let's be real: That's a high bar.

Instead, meditation can be about working to be mindful and stay in the present. And beyond helping you slow your roll, meditation provides a slew of benefits. Even with a packed day looming in front of you, it can result in better concentration, less stress, and a boost in

relaxation, says the [Mayo Clinic](#).

5 Morning Workout Moves for Extra Energy

It may even help tame [anxiety](#), depression, insomnia, and pain, the organization says. This happens because [meditation can change the way your brain works](#), thus influencing how it deals with the stress that's just part and parcel of living in today's world. For some people, the effect is so great that meditation lowers or eliminates their need for medication to deal with anxiety and [depression](#).

So, rather than speeding through your A.M., ease into your day with a quick [meditation](#), like the one below from Yalof Schwartz. After this little bout of self-care, you'll feel better equipped to handle whatever your day has in store. And if you're already reading this at your desk, don't fret! Meditation can work anywhere. Even if your day has already begun, you can still reap the benefits—just set aside five minutes right now to do this mini-meditation. The emails can wait, and you'll thank yourself later.

Your 5-Minute Morning Meditation

Set a timer for five minutes. Continue to move through the sequence below until you hear the alarm buzz, then pat yourself on the back for a job well done.

1. While [lying in bed](#) (or sitting in a chair), close your eyes and let your arms rest naturally by your sides, or however feels comfortable to you. Begin breathing slowly in and out through your nostrils, and draw your focus to this sensation. Take five deep breaths. Don't worry about trying to clear your mind—just breathe.
2. Continue this breathing pattern, but shift your focus to the space between your [eyebrows](#), aka your third eye. Take another five breaths.
3. Now place your hands on your [chest](#). Inhale deeply through your nose and exhale through your mouth. Concentrate on the rising and falling of your chest, and take five controlled breaths.
4. Rest your hands by your side and continue this [breathing pattern](#), but shift your attention back to your third eye. Take five slow breaths.
5. Place your hands on your stomach while continuing to inhale through your nose and exhale through your mouth, and concentrate on the rising and falling of your [stomach](#). Take five deep breaths.
6. Rest your hands by your sides and continue this [breathing pattern](#), but shift your attention back to your third eye. Take another five deep breaths.

Once five minutes are up, that's it! It seems counterintuitive that such a simple exercise might result in noticeable benefits, but it can. For proof, just check out how this [five-minute morning meditation changed how one woman starts her day](#).

