Practice mindfulness to train awareness and achieve a mentally clear and emotionally calm and stable state through daily 15-minute sessions.

New to meditation? This 4-week daily meditation plan allows you to adjust to incorporating meditation into your daily routine to train awareness and achieve emotional stability through 15 minute guided sessions. Find a comfortable and quiet space indoor or outdoors where you can use these meditations to start your mornings and center your focus and awareness or use them as a way to unwind and de-stress after the workday.

What are you waiting for? In 4 short weeks, you will increase self-awareness and patience, while also reducing negative emotions. Review the daily plan on the following page. Plan these sessions on your calendar by using the monthly habit tracker as a guide. Navigate the sessions by clicking on the hyperlinks on the specific days of the program.

If you have any questions, please email Employee Health and Wellbeing at wellbeing@udel.edu.
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Plan your sessions using the monthly habit tracker. Navigate each meditation by clicking on the hyperlinks below. Enjoy!