

Meditation Benefits - Gently bringing us back to ourselves

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Meditation Benefits

How often do you spend time meditating when you feel overloaded at work, challenged as a parent, or trying to balance it all? Meditation has a way of gently bringing us back to ourselves when life feels loud or overwhelming. When I sit and slow my breath, I notice how much tension I've been carrying—often without realizing it—and how quickly it can soften when I give myself permission to pause. Over time, meditation has helped me relate to my thoughts with more kindness

and less judgment. Instead of being pulled around by worry or self-criticism, I'm better able to stay present, listen inwardly, and respond to life with more clarity and steadiness.

On a deeper level, meditation supports our overall well-being in ways that ripple outward. It can help us sleep more soundly, feel less reactive under stress, and recover more quickly when things are difficult. That sense of inner calm doesn't mean challenges disappear, but it can give us a stable place to meet them from. With continued practice, we can show up with more patience, compassion, and openness—not just for ourselves, but in our relationships and everyday moments as well.

Think that sitting still and meditating sounds too challenging? Check out this article "*9 Meditation Hacks for People Who Can't Meditate.*" It gives multiple options including *Walking Meditation* and *Animal Time*. tinyurl.com/5d5x7vnh Try out the different methods of bringing more awareness and presence into your life to find the ones that resonate the most with you.

Lastly, breathing can serve as a simple yet powerful way to reconnect inwardly and return to the present moment. Find a place to sit quietly and take some deep, cleansing breathes. By bringing attention to the rhythm of the breath, awareness naturally settles into the body, creating a sense of grounding and stability. Each inhale invites openness and ease, while each exhale encourages the release of tension and mental clutter. In this way, breathing becomes a steady point of connection—always available—offering a calm, reliable path back to balance and self-awareness, even during moments of stress or uncertainty.

Finding the time and space to bring in presence, breathing, and self-awareness isn't easy but finding ways to incorporate it into your day can be life-changing. Consider taking 5 minutes in the morning before you get out of bed. Do some deep breathing on your drive or commute to work. Take a short walk on your lunch break. Teach your children about the importance of breathing--google some books for your age child about mindfulness or breathing. Try out an app on your phone like *Insight Timer*, *Tapping Solution*, or *Headspace*.

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