

World Meditation Day

DECEMBER 21, 2025

7 EVIDENCE-BASED BEST
PRACTICES FOR YOUR
MEDITATION JOURNEY

NOVAONE
Transforming Behavioral Health

1

Start small.

*Begin with just 5-10 minutes daily.
Consistency matters more than duration.*

Research shows brief daily practice builds sustainable habits more effectively than longer, sporadic sessions.

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2

Create a dedicated space.

Designate a quiet, comfortable spot for your practice to build a mental association.

Environmental cues support habit formation and signal your mind to enter a meditative state.

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3

Focus on your breath.

Use breath as your anchor. When your mind wanders, gently return attention to breathing.

Breath-focused meditation activates the parasympathetic nervous system, reducing stress hormones.

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Practice non-judgement.

*Observe thoughts without criticism.
There's no "perfect" meditation. Each
session is valuable.*

Mindfulness-Based Stress Reduction emphasizes accepting present-moment experience without evaluation.

Use guided resources.

Apps, classes or recordings can provide structure, especially when starting out.

Guided meditation helps maintain focus and provides framework for developing independent practice.



Time it strategically.

Morning meditation sets intention for the day. Evening practice promotes better sleep.

Regular meditation timing enhances circadian rhythm regulation and emotional stability.



Be patient with progress.

Benefits accumulate gradually. Most practitioners notice changes within 8 weeks of regular practice.

Brain imaging shows measurable changes in areas linked to memory, empathy, and stress after 8 weeks.

Begin your practice today.

Remember: The best meditation practice is the one you'll actually do. Start where you are.

Ready to support your team's complete behavioral health journey? NovaOne provides one unified platform for preventive and curative behavioral health solutions, from meditation and self-care to clinical support.

Learn more at NovaOneHealth.com.