

# World Meditation Day

DECEMBER 21, 2025

7 EVIDENCE-BASED BEST  
PRACTICES FOR YOUR  
MEDITATION JOURNEY

**NOVAONE**  
Transforming Behavioral Health

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# Start small.

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

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

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# Create a dedicated space.

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

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

# Focus on your breath.

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

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

# Practice non-judgement.

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

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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.*

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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.*

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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.*

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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.

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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](https://NovaOneHealth.com).**