

Ways to meditate for anyone that doesn't benefit from sitting still or silent meditations.

If sitting still in silence feels like a punishment rather than a practice, or you have a very busy mind and body, you're not doing it wrong—you just need a different doorway in. Meditation doesn't have to mean sitting cross-legged and zoning out.

Here are eight alternative methods.

Walking Meditation - Go for a slow walk and pay attention to each step—the feeling of your feet on the ground, the rhythm of your movement, the air on your skin. It gives your body something to do while your mind settles.

Mindful listening - Put on gentle music or natural sounds and really listen. Follow each instrument or sound as it comes and goes. It's meditation with an anchor that keeps your attention engaged.

Guided meditation - Use a voice-led session so you're not left alone with your thoughts. Being talked through it can make it far easier to stay present.

Breath with movement - Try something like slow stretching, yoga or Qi Gong, linking each movement to your breathing. It channels restlessness into something purposeful.

Noticing exercise - Look around and name 5 things you can see, 4 you can feel, 3 you can hear, 2 you can smell, 1 you can taste. It's grounding and keeps your mind occupied in a calm way.

Mindful Tasks - Turn everyday activities—making tea, washing up, brushing your teeth—into meditation by giving them your full attention. Notice textures, smells, and movements.

Counting the breath - If silence feels too open, count each breath (in for 1, out for 2, up to 10, then repeat). It gives your mind a simple job, so it doesn't wander as much.

Journalling meditation - Write whatever is in your head without stopping or editing. Let thoughts spill out. It's a form of mindfulness that suits busy, active minds.



Meditation doesn't have to look one particular way. Whether you're moving, listening, writing, or simply noticing, what matters is giving yourself a moment to be present. Find what feels natural, keep it simple, and let your practice fit your life—not the other way round.

Any hobby can become meditation by giving it your full, gentle attention. Whether it be crafting, to painting, even to playing games on apps on your devices. I'm hooked on jig-saw puzzles on my phone!

Notice the sensations, movements, colours, and sounds involved. Let go of rushing or judging the outcome and simply be with the activity as it unfolds. In this way, the mind settles, and the ordinary becomes calm, focused, and quietly restorative.

We're all different, there's no 'one size fits all' or no 'right or wrong way' to meditate, the important thing is to make it a consistent practice, so be kind to yourself and discover what works for you 🙏