

# When Sitting Still is Hard

## Reflection Guide

Does sitting still – whether to think or to simply be quiet within – come naturally to you, or is it difficult? Why?

Have you ever experienced a surge of stress or anxiety when you have tried to sit and be still? If so, how did you respond? Would you respond differently now, having watched this video?

What was your response to the idea that sitting still is like exercising a muscle – that we have to build up stamina to do it?

If you find sitting still difficult, what are the benefits you believe you can gain by learning the skill? Be specific – naming the benefits you are seeking will help you persevere until you achieve them.

