

Simple Meditations for the Busy Legal Professional



Staying calm and centered is essential for legal professionals to perform well at work. These mindful meditations are designed to be used anywhere at any time to keep you focused and energized. They're easy to perform and can help you stay calm at the office when tranquility may be hard to find.



1

Mindful Breathing Countdown

How Long it Takes

- At least 1 minute.

How To Do It

- Let your eyelids grow heavy or close your eyes completely.
- Take a slow, deep breath in through your nose, then exhale slowly through your mouth.
- Focus on the sensation of the air moving past your nostrils and lips, and on the sounds of your breath.
- Repeat this breathing cycle for at least one minute (you may want to set a timer to help with this).

What's the Benefit?

- Focusing on your breathing will help alleviate stress, center your attention, and bring about a sense of control.

Why it Works

- Deep, controlled breathing has been shown to lower cortisol levels, resulting in lower levels of stress.



2

Body Scan

How Long it Takes

- 3 to 10 minutes

How To Do It

- Sit or lie down in a quiet space. Close your eyes if you'd like.
- Focus your attention at the very top of your head, then slowly bring your attention down to your forehead, through your jaw, and on past your neck.
- Try to relax each part of the body you're focused on. If your thoughts wander, simply acknowledge it and return focus to yourself.
- Practice slow, controlled breaths as you continue to scan your attention down your whole body, all the way to your toes.

What's the Benefit?

- Taking a few minutes in a quiet space will re-energize you and help you find a new sense of focus.

Why it Works

- Slow, deep breathing in a quiet environment will lower your stress levels and leave you feeling recharged.



3

Mindful Stretch

How Long it Takes

- 20 seconds to a few minutes.

How To Do It

- Sit upright in your chair and extend your arms straight up above you, palms facing forward.
- Breathe deeply and slowly in through your nose. Try to fill your lower belly with air before letting your chest expand. Exhale slowly through your mouth.
- Continue to breathe slowly and deeply. As you inhale, try pushing your fingers even farther into the air. As you exhale, feel the muscles in your arms and shoulders relax.
- To make the stretch more active, reach each hand up as though you're picking apples from a tree, alternating from side to side as you breathe.
- After a few rounds of breath, lower your arms and shake them loose. Repeat the stretch as many times as you'd like.
- Search for other stretches you can do at your desk and apply the same focused breathing techniques above to transform them into mindful stretches!

What's the Benefit?

- Mindful stretching will help clear your mind and release areas of tension in your body.

Why it Works

- Stretching helps to reduce fatigue, realign your posture, and prevent pain.



4

Calming Visualization

How Long it Takes

- 1 minute.

How To Do It

- Close your eyes and picture your favorite outdoor space.
- As you breathe deeply, try to picture more and more details of the place in your mind. Focus on colors, shapes, and movements.
- Try to recall the way things smelled, the way they sounded, and the way they felt.
- Continue to breathe as you pull yourself out of the visualization.

What's the Benefit?

- Give yourself an escape from stress by visiting a calming memory from the past.

Why it Works

- The combination of relaxed breathing and powerful visualization helps reduce stress and reset your mind.



5

Object Meditation

How Long it Takes

- At least 1 minute.

How To Do It

- Focus your attention on an object at your desk. Choose something natural, such as a flower or a seashell.
- Slow your breathing, and let your mind come to rest fully upon the object you're studying.
- As you continue to breathe, try not to notice anything else around you except for your focus object. If your thoughts start to wander, simply redirect them back onto the object.
- Let your eyes explore every aspect of the object, as though you are seeing it for the first time. Think about where it came from, and how it fits into the context of your surroundings.

What's the Benefit?

- A meditative object makes it easier for your mind to focus, allowing you to reduce stress and collect your thoughts.

Why it Works

- Keeping this object in your office space creates a gentle reminder to remain focused and energized.



6

The Water Meditation

How Long it Takes

- 30 seconds to a minute

How To Do It

- Pour yourself a glass of water. Pay attention to the way it takes shape in the glass. Notice its movement. Take note of any tiny air bubbles or droplets within the glass.
- Take a sip of the water and hold it in your mouth. Note its flavor. Feel how its temperature contrasts with that of your body.
- Gently swallow and feel the water entering your body. Try to track it all the way down your throat into your stomach.

What's the Benefit?

- The simple act of drinking water can become a powerful calming experience.

Why it Works

- Hydration helps the brain function more effectively and transforming a habitual act into a mindful experience is one of the key tenets of mindful meditation.



7

Walking Meditation

How Long it Takes

- 5 minutes or more

How To Do It

- Get up and take a walk. You can have a destination in mind, or you can simply pick a direction and wander.
- As you walk, focus on taking in the sights and sounds of the world around you. If something catches your attention, give yourself permission to stop and examine it.
- Breathe slowly and deeply while you walk. Try to clear the thoughts from your mind – if you find yourself thinking about more than what's in front of you, just draw your attention back to the present moment.

What's the Benefit?

- A short walk can relax your mind, energize your body, and help to break up your day.

Why it Works

- The combination of movement and attentive focus can be truly powerful.

Know someone who needs a quick and easy way to relax? Share this article link with them from the Rapid Legal blog: [Simple Meditations for the Busy Legal Professional](#)