

Calm, meditation 10-20 minutes/day can actually help you on your LSAT Journey. Taking the LSAT is all about having complete focus on the one question in front of you - not on the clock, or on the next question. Mastering the LSAT requires remaining cool, calm, and in control of the test. A short, daily meditation practice of 10-20 minutes can greatly help you perform better on the LSAT - and focus on accuracy and going ONE QUESTION AT A TIME.

<https://www.youtube.com/watch?v=moag-iZ8XRA&t=3s> (Beginner Meditation)

From: Harvard 180 Lsat Tutoring

These helped me when I started to say negative things to myself, Panic attacks, anxiety and stress.

Practice:

1. Just Noticing

Saying to yourself "I notice I'm having a thought of..."

You may use labels to describe your inner experience. For example, "there is that 'I'm stupid' thought," or "I see you [mind] catastrophizing again," etc.

2. Thanking the Mind

Telling your mind "Thanks for the feedback," or "Thank you for this interesting thought" when having difficult thoughts.

It aids if you do it in a somewhat sarcastic manner so that you don't take your thoughts too seriously. Remember that your goal is to change your relationship to our thoughts.

3. Repeating the Thought

Use a silly voice when repeating the thoughts out loud (e.g., using Bugs Bunny's voice), sing your thoughts, or repeat the thoughts out loud, rapidly, over and over until only sound remains. (I used Sheldon from Big Bang Theory)

4. Mindful Watching

Looking at your thoughts with curiosity and openness, just noticing how they come and go (flow), without attempting to control or change them.

(from <https://thepsychologygroup.com/defusion/>)

Resources:

Sushi Train Metaphor video: <https://www.youtube.com/watch?v=tzUoXJVI0wo>

Leaves on a Stream (short version):

<https://www.youtube.com/watch?v=r1C8hwj5LXw>

Leaves on a Stream (longer guided meditation): <https://www.youtube.com/watch?v=vjKltKKSur8>