

# Loving Kindness Meditation

## Quick Group Activity

 **Total Time:** 5 Minutes  **Supplies:** [Loving Kindness Meditation Slide \(PDF\)](#)

Experience the **science-backed benefits** of Loving Kindness Meditation, a **technique proven to enhance compassion and well-being**. Incorporate this activity into your team huddles or meetings to foster a positive and collaborative atmosphere.

### Why Loving Kindness?

- Boosts compassion and empathy
- Enhances positive emotions
- Reduces anxiety

### How can I use this?

- [Download the PowerPoint Slide \(PDF\)](#) 
- Follow the **guided instructions** on **page 2** of this guide.

### When should this be used?

#### As a team:

- Add it to your next Huddle or Team Meeting Agenda
- Set the tone for the day - gather a small group before or after your workday
- Encourage team members to practice regularly for lasting benefits

#### As individuals:

- After a challenging experience
- During transitions

### Where can I go for more group activities?

- [Request HealthySteps to Wellness Team Care today](#) 
- For more Team well-being resources, visit [wellness.healthysteps4u.org/tools/for-your-team](https://wellness.healthysteps4u.org/tools/for-your-team) 

# Loving Kindness: Quick Group Activity

## Instructions Sheet

 **Total Time:** 5 Minutes  **Supplies:** [Loving Kindness Meditation Slide \(PDF\)](#)

1. Download the Loving Kindness Meditation to share during your next huddle or meeting

[Click here Loving Kindness Meditation Slide \(PDF\)](#) 



### Loving Kindness Meditation

Place your hand on your heart and offer these phrases:

*To yourself:*

May **I** be happy  
May **I** be healthy  
May **I** be in peace



*To the world:*

May **THE WORLD** be happy  
May **THE WORLD** be healthy  
May **THE WORLD** be in peace

*To a loved one:*

May **YOU** be happy  
May **YOU** be healthy  
May **YOU** be in peace



Source: Zeng X., Chiu C. P., Wang R., Oei T. P., Leung F. Y. (2015). The effect of loving-kindness meditation on positive emotions: a meta-analytic review, *Frontiers in Psychology*, 6, 1693

2. Looking for support to guide this? Try the audio or script from the Greater Good in Action.

[Click here for the the guided audio and script](#) 

