MINDFULNESS

WHAT IS MINDFULNESS MEDITATION?
LIVING IN THE MOMENT

- Mindfulness began as a Buddhist tradition.
- It's a seated meditation technique that focuses on breath, body sensations, and mental relaxation.
- Mindfulness meditation is now recognized by psychotherapists as a form of cognitive therapy.
- What makes mindfulness unique from other forms of meditation is that the primary focus is on one's current physical state.

HOW IT WORKS: THE SCIENCE OF MEDITATION

Mindfulness involves six neuropsychological processes that lead to a person's meditative state of self-awareness.

- Intention & Motivation
- Attention Regulation
- Emotion Regulation
- Pro-Social Behavior
- Extinction & Reconsolidation
- Non-attachment & Decentering (Letting go of the ego)

THE MENTAL BENEFITS OF MINDFULNESS

- Fights PTSD
- Improves academic performance
- Helps regulate emotions
- Fights depression
- Fights anxiety
- Fights memory loss
- Fights stress

THE PHYSICAL BENEFITS OF MINDFULNESS

- Reduces inflammation
- Reduces heart disease risk
- Reduces stroke risk
- Reduces bowel disease
- Reduces chronic pain
- Slow progression of aging
- Improves sleep
- Lessens cold & flu effects
- Helps in weight loss

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