MINDFULNESS

WHAT IS MINDFULNESS MEDITATION?
LIVING IN THE MOMENT

Mindfulness began as a Buddhist tradition.

It's a seated meditation technique that focuses attention on breathing, bodily 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.

- Non-attachment & Decentering (Letting go of the ego)
- Extinction & Reconsolidation (Changing behaviors or attitudes)
- Emotion Regulation (A sense of empathy for others)
- Pro-social Behavior
- Attention Regulation
- Intention & Motivation (To adopt a perspective)

THE MENTAL BENEFITS OF MINDFULNESS

Mindfulness increases brain nitration (folding of brain tissue), which allows the brain to process information more efficiently - providing a better grasp on life's stressors

Fights PTSD
Fights Depression
Fights Anxiety
Fights Memory Loss
Helps Regulate Emotions
Improves Academic Performance

THE PHYSICAL BENEFITS OF MINDFULNESS

In addition to reducing stress and boosting relaxation, research suggests mindfulness can lower stress-induced inflammation, which contributes to many physical ailments.

Fights Inflammation
Fights Heart Disease Risk
Fights Chronic Pain
Reduces Rheumatoid Arthritis
Slows HIV Progression
Helps Weigh Management
Improves Sleep
Lessens Cold & Flu Effects

http://www.healthcentral.com/depression/3493275/164616/healthcentral
http://www.mentalhelp.com/releases/262004.php
http://www.medicinenet.com/releases/259448.php
http://www.rolaxax.com/depression/4182195852/meditation-good

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