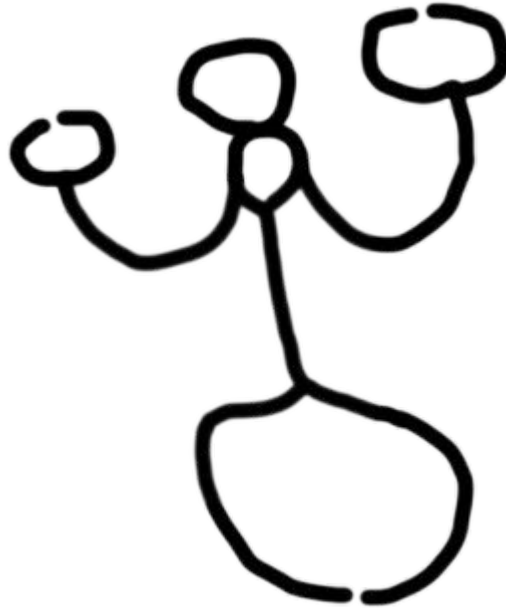


mindfulness

By Emjay

how does mindfulness help

Studies suggest that mindfulness practices may help people manage stress, cope better with serious illness and reduce anxiety and depression. Many people who practice mindfulness report an increased ability to relax, a greater enthusiasm for life and improved self-esteem.



what is mindfulness

a mental state achieved by focusing one's awareness on the present moment, while calmly acknowledging and accepting one's feelings, thoughts, and bodily sensations, used as a therapeutic technique.



how does mindfulness affect the brain

Research has suggested that mindfulness meditation can measurably alter brain function and structure. Mindfulness practice positively impacts the areas of the brain associated with learning, memory, emotional regulation, empathy, compassion, perspective taking, and stress response.