MINDFULNESS

WHAT IS MINDFULNESS MEDITATION?
LIVING IN THE MOMENT

Mindfulness began as a Buddhist tradition.

It's a seated meditation technique that focuses 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:

1. Non-attachment & Decentering
   (letting go of the ego)

2. Extinction & Reconsolidation
   (changing behaviors or attitudes)

3. Intention & Motivation
   (changing mindspace)

4. Pro-social Behavior
   (a sense of empathy for others)

5. Attention Regulation

6. Emotion Regulation

The mental benefits of mindfulness:

Mindfulness increases brain perfusion (folding of brain tissue), which allows the brain to process information more efficiently.

Providing a better grip on life's stressors.

Fights PTSD.

Fights depression.

Fights anxiety.

Fights depression.

Fights memory loss.

Helps regulate emotions.

Improves academic performance.

The physical benefits of mindfulness:

Reduces inflammation.

Reduces heart disease risk.

Reduces high blood pressure.

Helps control bowel disease.

Fights chronic pain.

Slows disease progression.

Improves sleep.

Lessens cold & flu effects.

AIDS in weight loss.

Origins

http://www.medicalnewstoday.com/releases/255204.php

http://www.medicalnewstoday.com/releases/158946.php

http://www.healthcentral.com/depression/16-ways-to-stop-stressding-out-
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