

THE BENEFITS OF MEDITATION

Decrease stress

Increase calm

Be more centered, less scattered

Be kinder and more compassionate (toward ourselves and others)

Increase focus

Decrease blood pressure

Reduce chronic pain

Protect the brain from the effects of aging

Improve capacity for learning new things

Increase resilience

Increase creativity

Increase peace

Increase clarity

Increase balance

Increase ability to make decisions and solve problems

Improve sleep, decrease fatigue

Strengthen immune system

Decrease rumination

Increase effectiveness