

## **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**