



Team BWS

# Meditation

## 10 REASONS WHY DAILY MEDITATION IS SO BENEFICIAL

Meditation is linked with feeling **less stressed**, as well as actually lowering the stress hormone cortisol.

In studies, students who were trained in mindfulness meditation achieved **better grades**.

Some even claim that by meditating daily you can **reverse the aging process**.

Meditation can result in brain changes that **protect against mental health conditions**.

Meditation helps us to **process emotions**, even when we're not actively meditating.

Meditation helps the **elderly feel less lonely** and **reduce genes linked to inflammation**.

We experience **less anxiety**, as meditation loosens connections to particular neural pathways.

Meditation is linked with **decreased cigarette, alcohol, and drug abuse**.

Meditation is linked to **more creativity and new ideas**.

**Rapid memory recall improves** with daily meditation.

Meditation is linked to **reverse the aging process**.

Humility    Enjoyment    Resilience    Respect    Discipline