

40 Ways
MINDFULNESS
MEDITATION
Benefits The Brain



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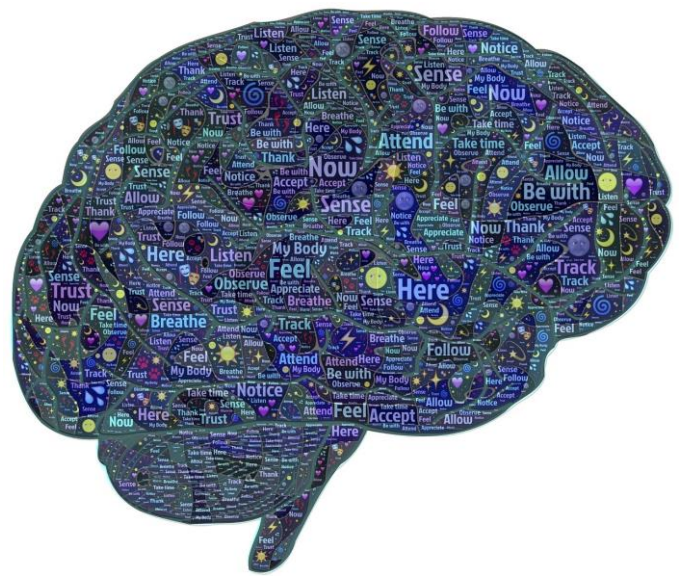
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The Importance Of Keeping The Brain Healthy

Many people think that living healthy means engaging in regular physical activity and eating healthy. If you share this opinion, know that you're missing a huge piece of the puzzle. Brain health is just as important as physical health.

As you age, you will start to lose some elasticity in your brain. In other words, your brain won't be able to make connections between neurons as efficiently as it did before. This will cause you to have a hard time concentrating, remembering things, and even performing some simple everyday tasks. However, if you choose to keep your brain healthy, then you won't have to worry, as you can always improve your neuroplasticity.



Many people take their mental health for granted, and when they encounter problems with memory loss or concentration, they think it's just a normal part of aging. Even though some mental health issues are associated with aging, they can be prevented. Just like joggers always pay attention to their pulse rate, you'll need to check the state of your mental health often. If you wait too long to seek professional help, then your condition will likely be very difficult to treat.

Apart from doing brain puzzles and figuring out riddles to make sure your mind stays active and sharp, there are also other ways to improve your brain health. For example, did you know that physical exercise and mental health are not mutually exclusive? By engaging in regular physical activity, you'll actually improve your mental health.

Other great ways to keep your brain fit include eating healthy and socializing. By leading a brain-healthy lifestyle, you'll lower the risks of some serious disease. Not only that, but you'll also

improve your learning abilities, enhance your mood, boost your memory, and you'll feel more energized.

However, there is another great way to improve your mental health – an ancient practice known as mindfulness meditation. When it comes to keeping your brain healthy, not many activities can match the health benefits of mindfulness meditation.

What Is Mindfulness Meditation?

Meditation is an ancient practice, which involves connecting the mind and body in order to become more self-aware.

Mindfulness is a particular approach that is incorporated in meditation techniques.

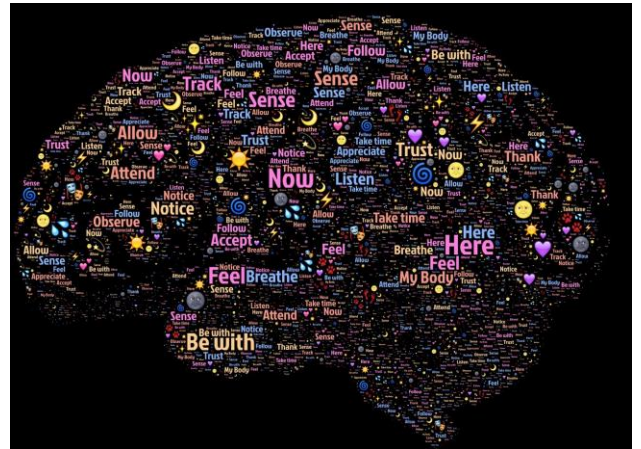
Mindfulness refers to paying attention to everything in the present moment, in a non-judgmental and openhearted way. Instead of living on autopilot, mindfulness encourages you to be more present in your own life.

Living in the present can provide you with many health benefits, as it will help you stop worrying about the past and future, thus immediately reducing your stress levels.

Instead of multitasking and dealing with countless thoughts at once, you'll be able to take it easy and navigate your entire focus towards just one task at a time. This will ultimately make you mentally stronger, improve your quality of life, and boost your happiness, all of which is essential if you want to live a healthy and fulfilled life.

Reduced anxiety: Anxiety is one of the two most common mental health conditions around the world, with the other one being depression. Anxiety causes chronic, uncontrollable, and excessive worry. While meds and psychotherapy may work, mindfulness meditation and the practice of mindfulness has been shown in several studies to be very effective.

Mental clarity: It can be hard to achieve mental clarity in today's world. Stress and distractions are way too common in all of our lives. We've all got used to living a fast life and not allowing ourselves to ever properly relax. However, if you start practicing mindfulness meditation, you may be able to change that. You can achieve mental clarity, thus eliminating stress from your life and allowing yourself to practice relaxation. This will not only help you focus on particular tasks, but it can also boost your happiness.



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Reduced stress levels: Stress is without a doubt one of the most common causes of many health problems today and the stress hormone cortisol can cause brain fog and mental deterioration as in problems with focus and concentration. Mindfulness every day and also regularly engaging in sessions of mindfulness meditation can greatly reduce stress, to keep your mind and body healthy.

Reduced risk of Alzheimer's disease: By practicing mindfulness meditation just 30 minutes a day, you can reduce the risk of suffering from Alzheimer's disease.

Increased happiness: People often look for external sources of happiness, like buying a fancy car, getting a promotion, or getting approval from others. Many people are unhappy because they only look at the things they don't have instead of being happy for the things they do have. Practicing gratitude for each moment of your life is the best way to start feeling happiness and joy. In addition, there's almost no better way to learn about gratitude than to start practicing mindfulness meditation.

Improved memory: Mindfulness meditation is known for improving both short-term and long-term memory. Most people deal with poor memory due to stress and multitasking. However, being able to focus on one task at a time can help you remember all of the details of your day perfectly.

It can help you generate gamma waves in the brain: If you've ever felt like you're "in the zone" while playing sports or at work, then you were likely generating gamma brainwaves. These brainwaves are linked to allowing your brain to attain optimal performance, thus helping you reach both your mental and physical peak. Essentially, they help connect all the information that comes from different parts of the brain. Gamma brainwaves are linked to high levels of information processing, impeccable focus, improved learning skills, migraine prevention, freedom from distractibility, and increased mental activity. Note that only people who've been practicing mindfulness meditation for an extended time period are able to generate gamma waves in the brain at will.

Improved efficiency: You may think that multitasking is the way to go if you want to accomplish numerous tasks within a limited amount of time; but really, it's not. Focusing on one task at a time and giving it your full attention is the way to go if you want to be efficient. Mindfulness meditation will help you achieve incredible efficiency.

It can make you more creative: According to a study published in the Journal of Alternative and Complementary Medicine, mindfulness meditation has an incredibly positive effect on both divergent thinking and creativity.

Reduced symptoms of panic disorder: In a study published by the American Journal of Psychiatry, 22 patients who were suffering from panic or anxiety disorder started going through mindfulness meditation training. Out of those 22 people, 20 showed significantly reduced symptoms of anxiety in panic after only 3 months of meditating.

Improved cognitive focus: People who have jobs that involve many repetitive and boring tasks often make mistakes due to poor focus. However, keeping proper focus is easy if you practice mindfulness meditation.

Improved decision-making: Nowadays, most people only observe situations in the short-term. This can greatly affect your decision-making. By practicing mindfulness meditation, you'll learn to be more patient and aim for decisions that will pay off in the long-term.

Improved information processing: According to Eileen Luders, an assistant professor who works at the UCLA Laboratory of Neuro Imaging, people who practice meditation for an extended time period have increased gyrification. Gyrification is a process that involves the forming of the characteristic folds of the cerebral cortex. Basically, this process helps us process information faster, which is why your brain can be better at processing information if you practice mindfulness meditation.

It can prevent binge eating: By practicing mindfulness meditation, you can learn more about self-control and self-awareness. This can be very effective when it comes to treating binge eating. By gaining self-control, you'll learn how to resist the urge to binge eat your trigger foods.

It will help reduce substance and alcohol abuse: Just as you can learn to resist the urge for binge eating, you can also reduce substance and alcohol abuse by practicing mindfulness meditation.

Personal development: Everyone has personality traits that they almost never notice, even though other people can spot them. By practicing mindfulness meditation, you may be able to observe yourself closely without judgment to really get in touch with who you are, your true and real self. You may be able to identify all of your character flaws, and then start working on changing them.

Food will start tasting better: Most of us don't even know how to properly enjoy a meal. Nowadays, eating breakfast means wolfing down food in the car while on your way to work, while dinner means mindlessly eating while watching TV. Mindfulness meditation can help you slow down and start noticing the different layers of flavor in the food you eat.

Improved social relationships: Mindfulness meditation will make you a better listener, which can allow you to form connections with people on a much deeper level. Additionally, people are more likely to enjoy spending time with you if you're a calm and centered person.

Improved sleep quality: You can experience numerous health problems if you don't sleep well or enough. Although there are quite a few ways to improve your sleeping habits (like keeping a regular sleeping schedule or avoiding alcohol and caffeine), mindfulness meditation is considered one of the best practices for enhancing sleep quality.

Reduced emotional eating: Many people eat unhealthy food when they're feeling sad, stress, or worried. This unhealthy habit can lead to a number of different health issues. Thankfully, by practicing mindfulness meditation, you'll have better control over your emotions, which will allow you to resist the urge to eat when you're feeling stressed out or sad.

Reduced feelings of loneliness: You're more likely to feel lonely if you don't love yourself. Mindfulness meditation can allow you to learn more about yourself and can teach you self-appreciation. On top of that, it can also improve your social relationships, which can decrease your feelings of loneliness.

Pain relief: If you're dealing with severe chronic pain, then mindfulness meditation will probably not provide you with a cure. However, it can help you deal with pain and pain-related issues in the long-term.

It can help you stop being worried all of the time: Nowadays, a lot of young (and some older) people are constantly worried about their future. Not being able to predict what's going to happen in the next five years scares certain people. If you spend too much time worrying about how your past actions will shape your future, then you need to start practicing mindfulness meditation. This practice will make you clear-headed and will help you focus on the present, thus stopping you from being worried all of the time.

Recognizing hunger and fullness: Most people don't know how to recognize the signals their brain sends them, especially when it comes to signals involving hunger and fullness. Although you may feel hungry at times, maybe you're dehydrated but just don't know it. On the other hand, maybe you're often full by the moment you eat half of your meal, but you always finish the plate regardless. Not interpreting the signals your brain sends you can lead to excessive weight gain and unhealthy eating habits.

It can help manage ADHD: ADHD (attention deficit hyperactivity disorder) is quite common nowadays. Mindfulness meditation can help you calm down, thus reducing hyperactivity and impulsivity associated with this disorder.

It can help you ignore distractions: In today's world, it takes an enormous amount of mental strength and stability to ignore distractions such as checking your social media accounts or checking your smartphone every few minutes. However, by practicing mindfulness meditation, you can learn to control yourself and not let any distractions get to you.

It can protect you from the dangers of multitasking: Some believe that multitasking is essential if you want to get things done in school or at your job. Nevertheless, know that multitasking is a huge source of stress. It has an overall negative impact on your brain, and is also linked to memory loss. Instead of multitasking, mindfulness meditation can teach you how to focus on one

task at a time and how to accomplish it efficiently, so that you can immediately start working on the next one.

It can make you a better person: According to a study published in the Psychological Science journal, mindfulness meditation can make you more compassionate. It is also linked to "do-good" behavior.

Improved sex life: By practicing mindfulness meditation, you can improve the neural connections in a part of the brain known as the insula. The insula is very important when it comes to awareness. Since mindfulness meditation has a positive effect on this area of the brain, it can help you pay more attention to arousal and may even make you have better orgasms.

Spiritual development: The very roots of mindfulness meditation are linked to spiritual development. Although not a lot of people use it for this purpose nowadays, know that this practice can enable you to make significant progress on your spiritual journey.

It can help you gain control over your energy levels: By establishing a connection between your mind and body, you can gain control over your energy levels and access them accordingly. You can have the ability to calm down or increase energy whenever you want.

It can allow you to have better control over your thoughts: People who don't practice mindfulness meditation often get their brain flooded with random thoughts that just keep popping up in their heads. However, those who do meditate are more likely to be able to control their thoughts and even erase negative ones from their mind at will.

Powerful intuition: Intuition is the ability to understand something instinctively. Those who practice mindfulness meditation can develop a very powerful intuition, which safely guides them through life.

It can provide you with better control over your emotions: Letting your negative emotions control you is very unhealthy. By practicing mindfulness meditation, you can learn how to be in total control of your emotions.

Improved breathing: Meditation will require you to breathe deeply. By breathing deeply, you will inhale more oxygen than you normally do, which means more oxygen is delivered to your brain and your body. This allows both your brain and body to work more optimally.

Improved alertness: Being alert and aware of things that are happening around you is basically what mindfulness means, so it comes as no surprise that you will experience improved alertness when you start performing this ancient practice.

Improved learning abilities: Since mindfulness meditation can improve your attention, memory, focus, and help you ignore distractions, it doesn't really come as a surprise that it can improve your learning abilities as well. Not only can it make learning easier, but mindfulness meditation can also make you learn things faster.

It can increase your pain tolerance: Even when the brain receives a high amount of pain input, people who practice mindfulness meditation may not experience it like a high amount of pain. This was actually demonstrated in a study conducted by the University of Montreal, in which 13 meditators and 13 non-meditators participated and were exposed to the same amount of pain input.)

Getting Started - Mindfulness Meditation For Beginners

Mindfulness meditation may require you to change your lifestyle, since it's a practice that requires you to be fully present in the moment. People spend most of their time either thinking about their past or planning the future, which increases stress levels and might even cause depression. By living in the present, you'll focus your time and energy on doing whatever you can to improve your lifestyle.

By engaging in this activity, you'll learn to be mindful through skillful meditation. Your breath will be your main object of awareness. You'll learn to follow it as it flows in and out of your body. This will calm you down and allow you to establish proper concentration, so that you can start observing your emotions, bodily sensations, and inner thoughts without any type of judgment.

You'll start paying more attention to external sensations such as sights, touch, and sounds. Instead of latching onto a particular sensation, emotion, or idea, you'll focus more on your moment-to-moment experience.

As each thought or external sensation goes in your mind, pay attention to how you react to it. Primarily, focus on if it causes you a feeling of suffering or well-being. Note that mindfulness meditation may not be relaxing at first, but it can raise your self-awareness and happiness as time passes.

Although you'll practice it during meditation, you can also cultivate mindfulness by steering all of your focus towards moment-to-moment sensations during your typical everyday activities. In order to practice mindfulness, you will need to do one thing at a time and give it your full attention.

Final Thoughts

Most people don't take their brain health seriously. They think that problems with concentration or memory loss are completely normal and that they can't do anything to prevent them as they age. However, this simply isn't true.

There are numerous ways to keep your brain fine-tuned and in great shape, these include reading and solving puzzles or riddles and mindfulness meditation might be one of the best ways.

This is an ancient practice that involves paying attention to things in the present, rather than worrying about the past or the future.

Focusing on moment-to-moment sensations will greatly improve your quality of life. Some of the most notable health benefits of mindfulness meditation include reduced stress and anxiety, lower risk of depression, improved sleep quality, personal development, increased happiness, and mental clarity.

Stay well and take care.

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