

Benefits of Meditation

Meditation restores the body to a calm state, helping the body repair itself and preventing new damage from the physical effects of stress. It can calm your mind and body by quieting the stress-induced thoughts that keep your body's stress response triggered. There is an element of more direct physical relaxation involved in meditation as well, obviously, so this double dose of relaxation can really be helpful for shrugging off stress.

A greater gain that meditation can bring is the long-term resilience that can come with regular practice. Research has shown that those who practice meditation regularly begin to experience changes in their response to stress that allow them to recover from stressful situations more easily and experience less stress from the challenges they face in their everyday lives. Some of this is thought to be the result of the increase in positive mood that can come from meditation; research shows that those who experience positive moods more often are more resilient toward stress.

Other research has found changes in the brains of regular meditation practitioners that are linked with a decreased reactivity toward stress.

The practice of learning to refocus your thoughts can also help you redirect yourself when you fall into negative thinking patterns, which in itself can help relieve stress. Meditation offers several solutions in one simple activity.

More Benefits of Meditation

The benefits of meditation are great because, among other things, it can reverse your stress response, thereby shielding you from the effects of chronic stress.

When practicing meditation:

- Your heart rate and breathing slow down.
- Your blood pressure normalizes.
- You use oxygen more efficiently.
- Your immune function improves.
- You sweat less.
- Your adrenal glands produce less cortisol.
- Your mind ages at a slower rate.
- Your mind clears and your creativity increases.

People who meditate regularly find it easier to give up life-damaging habits like smoking, drinking, and drugs. They also find it easier to stop rumination from ruining their day.