

SUMMARY OF EFFECTS OF MEDITATION



Brain performance benefits:

Improves attention
Give access to right brain thinking
Optimises brain performance?



Physical health benefits:

Positive impact on stress-related conditions
Lowers blood pressure
Boosts immune system



Mental health benefits:

Reduces anxiety
Improves depression
Reduces stress/anxiety of living with chronic illnesses
Reduces risk-prone behaviour



Other psychological benefits:

Improves emotional processing
Improves coping strategies
Improves social functioning