Benefits of Meditation

- Improves mood
- Reduces anxiety, depression and irritability
- Increases attention span and concentration
  - Leads to better relationships
  - Enhances the functioning of the brain
  - Helpful in reducing headaches
  - Decreases stress
- Assists those with eating, smoking, and alcohol problems
- Improves memory and decision-making
  - Improves immune system
  - Lowers blood pressure
- Reduces sleep onset and improves sleep for insomniacs
- Meditators have 50% fewer medical visits than non-meditators

There is much evidence that meditation leads to more happiness, joy, better health, and longer lives. The benefits start within a few weeks of regular practice. If you have not had a chance to start a meditation practice, now is the time to start.

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