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**.
- **Rapid memory recall improves** with daily meditation.
- 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.
- Meditation is linked with **decreased cigarette, alcohol, and drug abuse**.
- We experience **less anxiety**, as meditation loosens connections to particular neural pathways.

Sources:
- [http://www.knowingmeditation.com/education/meditation](http://www.knowingmeditation.com/education/meditation)
- [https://www.aimeebyrne.com/2016/02/18/what-is-meditation-so-important-and-why-it-can-help-us-feel-happier/](https://www.aimeebyrne.com/2016/02/18/what-is-meditation-so-important-and-why-it-can-help-us-feel-happier/)
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