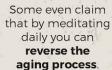
NREASONS WH DAILY MEDITATION IS SO BENEFICIAL

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.







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.

We experience less anxiety, as meditation loosens connections to particular neural pathways.

