

HEALTHY MIND, HEALTHY LIFE



Mindful people are more likely to be happier, more enthusiastic, more empathetic, and more secure. They have greater self-esteem and are more accepting of their own weaknesses. They also have a greater ability to take negative feedback without getting defensive and are able to foster satisfying relationships.

Having awareness of the present moment has many benefits on both the mind and body. Studies suggest that mindfulness affects many aspects of our psychological well-being such as improving our mood and increasing positive emotions in addition to decreasing anxiety, emotional reactivity, and job burnout. Below are some other ways mindfulness can positively impact our wellbeing.

- Mindfulness is good for our heart health. According to the American Psychological Association, people who practice mindfulness show a significant reduction in blood pressure and improvement in cardiovascular capacity.
- Practicing mindfulness may decrease the cognitive decline from aging or Alzheimer's. A 2017 study shows that meditation may improve attention, memory, and brain functioning (thebrainflux.com)
- Mindfulness may affect disease-fighting cells such as anti-inflammatory proteins, neutrophils, T-cells, immunoglobulins, and natural killer cells. In people suffering from cancer, mindfulness appears to improve a variety of biomarkers that might indicate progression of the disease.
- Cell aging occurs naturally as cells repeatedly divide over the lifespan, and this process can be increased by disease or stress. While practicing mindfulness, proteins that serve to protect these cells from aging can be released more abundantly, which could ultimately slow the aging process!

So, take a deep breath, try to put all your worries aside, and enjoy the moment you are experiencing right now.