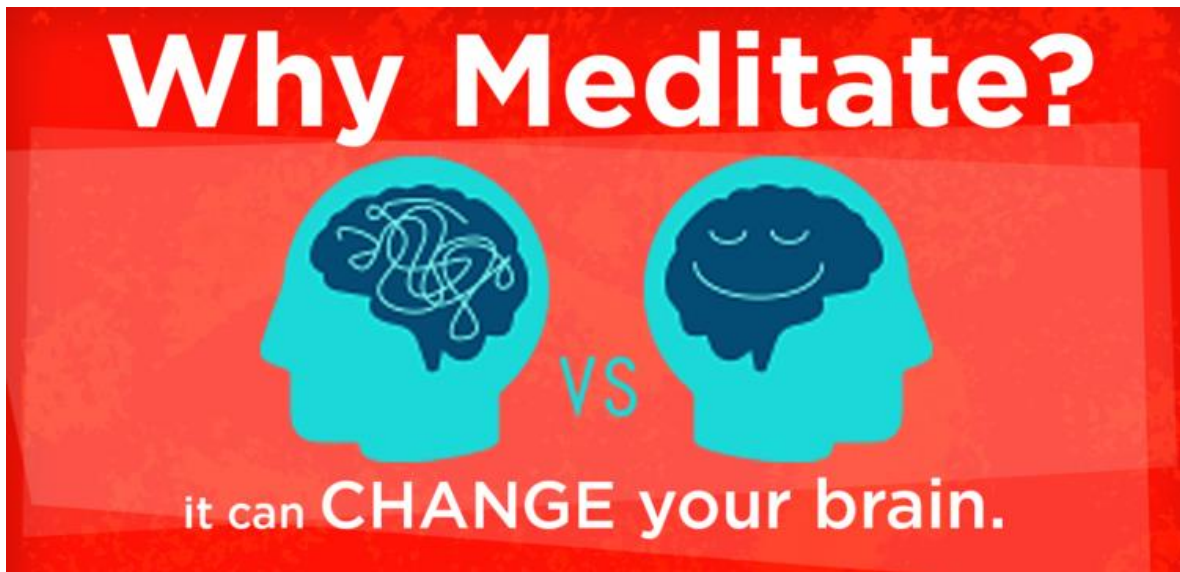




Meditation for Anxious Minds

-Online Course-



- Why did you sign up for this course? What are the feelings or situations in your life that are causing you anxiety?

- What are your desired outcomes after completing this course? Don't be shy: Dream big!



Here are the main scientifically proven benefits of meditation regarding stress and anxiety. Among many other physical and emotional benefits, meditation...

- Changes your brain! Consistent meditators show a decrease in the size of their amygdala (the area responsible for fear, stress and fight/flight response) while increasing activity in areas associated with self-compassion, generosity and kindness. It literally rewires your neuropathways.
- Balances brain chemicals: specifically, it increases the level of GABA (gamma-aminobutyric acid), a neurotransmitter essential for feeling happy and relaxed.
- Lifts your mood by decreasing cortisol (the stress hormone) and increasing levels of serotonin, another neurotransmitter vital to happiness.
- Increases blood flow to the brain, strengthens neural connections and can future-proof you against age-related mental decline, including Alzheimer's disease.
- Induces slower, longer and more relaxed brainwave activity
- Lowers blood pressure and improves quality of sleep
- Interrupts anxious thought patterns and negative self-talk
- Trains you to disidentify from your thoughts and gain a higher perspective: "I have thoughts, but I am not my thoughts."
- Makes you less reactive
- Increases optimism, relaxation and awareness
- Enhances self-confidence and mental clarity

If you're interested in learning more about these benefits and their respective evidence, I suggest reading the following articles:

<https://bebrainfit.com/meditation-anxiety/>

<https://liveanddare.com/benefits-of-meditation/>