



# What can **MINDFULNESS** do for your **BRAIN**?

Practicing mindfulness for 20 minutes a day helps us to better understand our thoughts and feelings.

Being more aware of this in ourselves makes it easier to understand **others** and regulate our reactions to things. In turn, we free space in our minds to be more productive and creative. And it's not just in our heads—studies have shown that regular mindfulness practices cause physical changes in the brain:

## Frontal Lobe

Increase in gray matter: emotional expression, problem solving, spontaneity, focus, judgement

## Default Mode Network

Decrease in mind wandering, or what some call "monkey mind"

## Amygdala

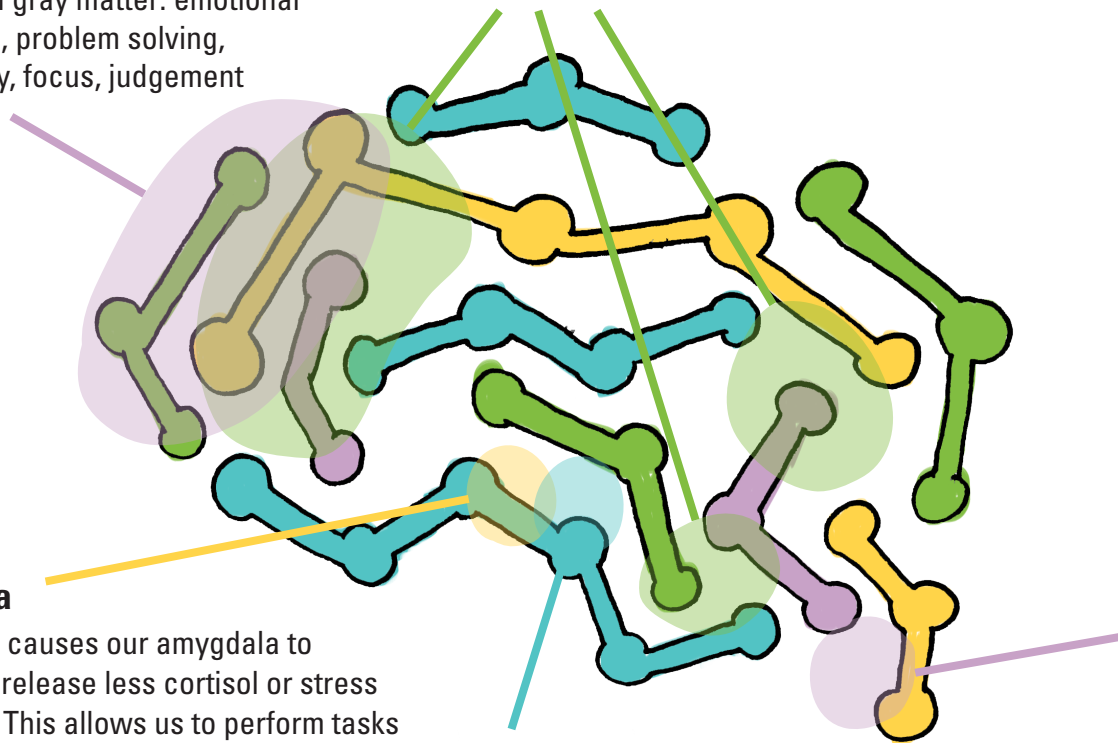
Meditation causes our amygdala to shrink and release less cortisol or stress hormones. This allows us to perform tasks with less worry and more productivity.

## Hippocampus

Increase in learning ability, cognition, memory and emotional regulation

## Pons

Increase in efficiency of regulatory neurotransmitters



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This awareness allows us to more easily understand others which helps regulate our emotional reactions to things. And it's not just in our heads—studies have shown, through MRI scans, that regular mindfulness practices cause physical changes in the brain. Some include:

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