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9 Science-Backed Reasons To Daily Meditate

by Robyn Whalen

1.Boosts immunity.

Regular meditation has been shown to help boost your immune system. Those who meditate have higher counts of antibodies in their blood, which helps fight illness.

2. Decreases pain.

Scientists have found a link between mindfulness meditation and pain relief. Experts recommend regular meditation in addition to medical treatments for chronic pain.

3. Boosts creativity.

Mindfulness meditation can encourage creative thinking and problem-solving.

4. Lowers blood pressure.

Most experts agree that meditation can be a good way to help lower blood pressure.

5. Decreases anxiety.

Meditation has powerful anti-anxiety benefits. Meditation can reduce anxiety by almost 40%.

6. Boosts productivity.

Perform better at work! Meditation helps increase your focus and attention and improves your ability to multitask.

7. Lowers risk of depression.

Daily meditation might be able to help treat symptoms of depression or lower the risk of depression. Meditation helps fight stress and anxiety, which are both major triggers for depression.

8. Improves social wellbeing.

Meditation has been shown to help individuals build better relationships.

9. Boosts emotional intelligence.

Many of us have troubles understanding our emotions. how to be aware of our feelings and emotions and how to process them better. https://info.totalwellnesshealth.com/blog



13 Top Healthcare Digital Transformation Trends for 2023

- 1. Internet of Medical Things (IoMT)
- 2. Cybersecurity and Data Privacy
- 3. Remote Patient Monitoring (RPM)
- 4. Improved Big Data & Analytics
- 5. Cloud Migration
- 6. Robotic Process Automation (RPA)
- 7. Cognitive Automation (CA)
- 8. FinTech Integration
- 9. Interoperability and Connectivity
- 10. Telehealth
- 11. Data Breach Prevention
- 12. Network Strategies
- 13. Tailored Patient Experience

https://www.softermii.com/blog/healthcare-information-technology-trends-to-watch

