

Scientific Studies into Mindfulness with links to journals below.

Here are a few of the main proven benefits of mindfulness meditation:

- Anxiety, stress, depression, exhaustion and irritability all decrease with regular sessions of mindfulness meditation. 1
- Regular meditators are happier and more contented, while being far less likely to suffer from psychological distress. 2
- Mindfulness is at least as good as drugs or counselling for the treatment of clinical-level depression. 3
- Mindfulness reduces addictive and self-destructive behaviour. These include the abuse of illegal and prescription drugs and excessive alcohol intake. 4
- Mindfulness dramatically reduces the experience of pain intensity and the emotional reaction to it. 5
- Mindfulness improves working memory, creativity, attention span and reaction speeds. It also enhances mental and physical stamina and resilience. 6 Memory improves, reaction times become faster and mental and physical stamina increase.7
- Meditation improves emotional intelligence. 8
- Clinical trials show that mindfulness improves mood and quality of life in chronic pain conditions such as fibromyalgia 8 and lower-back pain,9 in chronic functional disorders such as IBS,10 and in challenging medical illnesses, including multiple sclerosis 11 and cancer.12
- Meditation enhances brain function. It increases grey matter in areas associated with self-awareness, empathy, self-control and attention.13
- It soothes the parts of the brain that produce stress hormones (14) and builds those areas that lift mood and promote learning. 15 It even reduces some of the thinning of certain areas of the brain that naturally occurs with ageing.(16)
- Meditation improves the immune system. Regular meditators are admitted to hospital far less often for cancer, heart disease and numerous infectious diseases.17
- Mindfulness may reduce ageing at the cellular level by promoting chromosomal health and resilience.18
- Meditation and mindfulness improve control of blood sugar in type II diabetes.19
- Meditation improves heart and circulatory health by reducing blood pressure and lowering the risk of hypertension. Mindfulness reduces the risks of developing and dying from cardiovascular disease and lowers its severity should it arise.20

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