



Take a stress break and listen to the BONUS “Who I Am” 13-minute guided meditation. It will help you come up with 3 traits of who you are at the core. If you’re not sure why meditation is beneficial, here are some reasons why.

Stress Less: Make Room for More Happiness It’s a little-known secret that Wall Street execs, famous artists, and Silicon Valley whiz kids are some of the biggest advocates of meditation as a way to manage stress.

More Mindful Meals: No More Stress Eating Researchers at UC San Francisco studied a group of women to test if meditating could prevent overeating.

The treatment participants maintained their weights, plus lowered their cortisol levels. Higher reductions in cortisol and stress also showed higher reductions in abdominal fat.

Smile More: A Happy Pill, with No Side Effects Meditation helps us gain awareness of our minds, so we can see negative thoughts and say “those thoughts are not me.” Becoming less identified with our emotions and thoughts helps those thoughts lose power.

Relax: Don’t Let the Little Things Get You Down Relaxing your body and mind with meditation helps you to stay centered when you inevitably encounter those everyday stressors—rush hour traffic, anyone?

Enhance Your Love Life: Your Relationship Will Thank You Your partner will thank you. By learning to better recognize your own emotions, and those of others, you’ll more easily experience lasting harmony in your relationships.

Lead a Successful Life: A Clear Path to Achieving Your Goals World-class athletes, top managers and world-class performers, when tested, have all shown high levels of what’s called brain integration. This means that their brains are wired with strong connections between the different areas, they have heightened attention, and they’re able to think quickly to deal with problems.

(Visit <https://www.mindful.org/top-10-reasons-to-meditate/> for a few more reasons to meditate from this Mindful.Org article.)