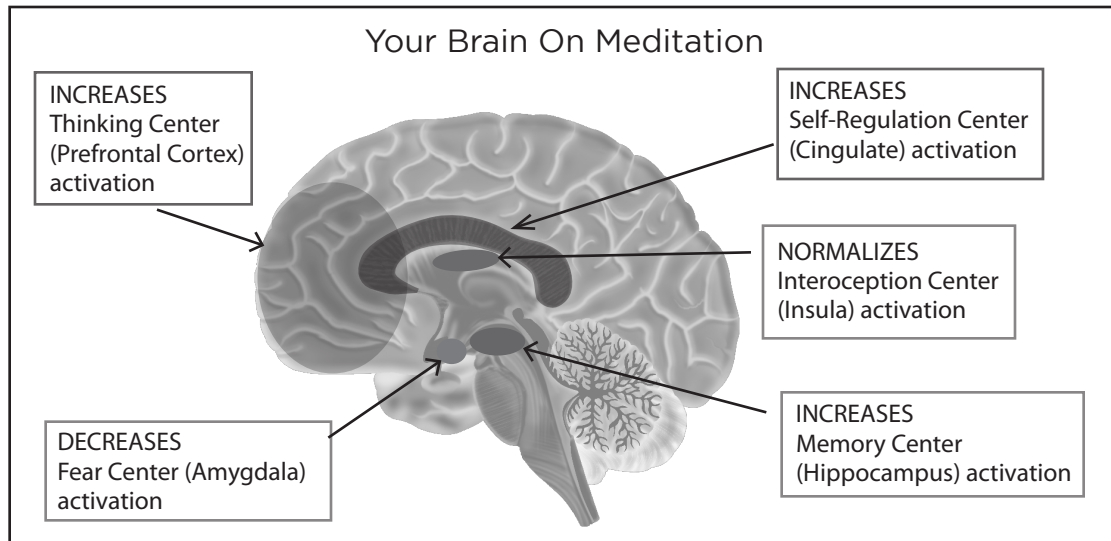


Your Brain on Meditation



Meditations change the brain in **five** ways:

1. **Less activation in the fear center (amygdala) of the brain:**
 - Reduces how strongly you react to trauma triggers
 - Reduces the stress response and increases the relaxation response
 - Decreases hypervigilance and the feeling of “always being on guard”

2. **More activation and increased volume of the memory center (hippocampus) of the brain:**
 - Increases feeling of safety
 - Reduces fear, especially when faced with trauma triggers
 - Allows traumatic memories to be experienced as past events, as opposed to reliving them as though they are occurring in the present
 - Increases ability to cope with negative memories

3. **More activation in the thinking center (prefrontal cortex) of the brain:**
 - Allows for clear thinking, better problem-solving, and improved decision-making
 - Improves concentration and attention

4. More activation in the self-regulation center (cingulate) of the brain:

- Improves emotion regulation
- Improves ability to catch mind wandering during mindfulness practices or other times when concentration is required
- Improves ability to respond to triggers in healthy ways
- Improves ability to manage distressing thoughts

5. More connectivity between critical brain areas:

- Improves brain integration and functioning
- Speeds up communication between key brain areas