

## FACT SHEET: Mind Management for Life

The capacities and benefits of including Meditation in daily life as a valuable component of a healthful lifestyle are now being acknowledged and proven by science. The benefit of meditation beyond its traditional scope in philosophy and religion is also being recognised, accepted and included in many secular institutions including banks, universities, schools, fitness facilities, corporates, psychology and general medical practice, plus many more industries. There are solid reasons for including meditation as part of a well-rounded and harmonious home, and in the schools of our children. The most recent National Health Survey data (ABS, 2007-08) identified that;

- 26% (over 1/4) of all young people between the age of 16 and 24 have a mental health disorder.
- The prevalence of teens suffering with depression is around 14% and climbing each year.
- The single most quoted issue at school as identified by the kids themselves is STRESS.
- Abstenteeism costs Australian businesses around AUD\$1 billion every year in lost productivity
- Financial stress is the biggest cause of family breakdown, followed by occupational stress that is carried back into the home
- 2/3 of all visits to Australian GPs are stress related
- Approximately HALF of all Australians aged 16-85 years (7.3 million people) will at some point in their lifetime, experience at least one mental disorder.

A myriad of new scientific reports were released in 2010 finally substantiating what many of us already knew - meditation directly and dramatically impacts stress levels and can actually make a highly significant difference to our study capacity and our ability to cope with life!

### **So what are the benefits?**

Recent studies show that just 10 minutes of non-sequential, regular meditation each day helps a person to return their body to a state of homoeostasis. There are numerous physical, mental and emotional benefits of practicing meditation. Some are...

- Strengthens and thickens the cerebral cortex. It creates more and more neural pathways between the brain hemispheres increasing a person's capacity for utilisation of both sides of the brain in harmony, ie... increases our learning capacity and MAKES US SMARTER!
- Regulates brainwaves and brings us out of Beta into Alpha state, a highly receptive and expansive state where increased learning, memory retention, clarity and creativity occurs.
- Increases release of stress reducing hormones such as serotonin and dopamine.
- Reduces the heart rate and blood pressure, reducing the load on the heart
- Slows breathing and increases oxygen uptake to the cells
- Reduces physical pain and tension
- Develops the creative mind and imagination
- Calms the mind and emotions
- Enhances creativity, memory, concentration, clarity and intellect
- Improves general health & wellbeing
- Reduces and manages stress
- Improves communication and productivity
- Provides greater capacity for complex conceptual understanding and problem solving