

## **Mindfulness Meditation Effects On Brain Stress Relief Study Released**

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Flourish Post has released an article on the effects of mindfulness meditation on the brain. Flourish Post is a lifestyle website featuring articles and posts about natural and holistic lifestyle practices.

For more information please visit the website here: <http://flourishpost.com>.

Flourish Post is a website that aims to offer insights in to the body, mind and spirit for their readers. They feature leading edge articles, videos and interviews with world class experts of different fields. The subjects covered in the articles include wellness, Ayurveda, holistic healing therapies for humans and animals, feng shui, mindfulness practices, yoga, meditation and many more. The articles also cover natural practices with healthy eating and cosmetics.

One of the latest articles published is about the effect that mindfulness meditation has on the brain. The article begins by asking its reader to complete a simple mindfulness exercise to illustrate what it is and explains that more people than ever are using this technique for stress relief.

It states that mindfulness was originally a Buddhist meditation technique that has been recently adapted in to a range of secular courses and therapies. Most of these are focused on being aware of the present moment and concentrating on those feelings.

It is a useful therapy for anxiety and depression and is being explored by schools, sports teams and military units as a way to boost performance. There is other evidence that it helps with a host of other problems too. Recently brain imaging techniques are revealing that it also changes the way the brain thinks permanently and can help with pain relief and other problems long term.

The article states that there is still much to explore and discover in relation to mindfulness meditation, especially in terms of what is happening within the brain. Research is also helping mindfulness move from being seen as a new age spiritual technique to an accepted antidote to an increasingly frantic world.

Those wishing to find out more can visit the website on the link provided above.

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### **Contact Information**

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### **Keywords**

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