

## FIVE BENEFITS OF MEDITATION FOR STUDENTS

### **1. Increased Focus**

Although it is not understood why, studies have shown that meditation increases the ability to focus for longer sustained periods of time. This benefits students in many ways, including being able to pay attention in class longer, thus improving the chances of material retention. In addition, students who meditate have a higher rate of success in taking quizzes and exams.

### **2. Improved Memory**

A study in the Harvard Gazette reports that after an 8-week meditation study in which participants meditated for 27 minutes each day, MRI's (Magnetic Resonance Images) showed an increase in grey matter in the hippocampus region of the brain that is responsible for learning and memory. An enhanced memory allows students to retain more information, which of course, lends itself to better test scores. A good memory means an increased ability to juggle many different ideas and thoughts at once.

### **3. Reduced Anxiety and Stress**

According to an article from the National Institute of Mental Health, stress can cause digestive issues, headaches, insomnia, depression, and anger, among other symptoms. Under conditions of chronic stress, people may suffer from more viral infections like the flu. Tragedies, traumatic events, and even minor failures can cause an onset of stress that seems never ending. This is especially true in teenagers and college or yeshiva students, who go through emotional rollercoasters due to hormonal changes.

### **4. Reduced Fatigue**

A study was done at the Wake Forest University School of Medicine that showed that brief meditation sessions (within 4 days) reduced fatigue and increased attention. Meditation can help reduce the fatigue felt by the significant life event of going away to school and being bombarded with incredible workloads.

### **5. Immunity Boost**

Unfortunately, with the lifestyles that many students have, illness is something that is difficult to avoid. Exercise, a healthy diet, and a regular sleeping schedule are all important to sustain a healthy way of life. Additionally, research from the National Library of Health shows that even a short-term meditation training program can provide significant measurable changes in the immune system of participants.

For more information on how the students of your school can benefit from either an eight week basic meditation course or private tutoring call **Mendel Weinberger** at

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