



HEARTMYMIND

Meditation Stats – from comparecamp.com May 22, 2020

Meditation – in general:

- Meditation reduces insomnia by 50%.
- Mindfulness meditation reduces post-traumatic stress disorder by 70%.
- Practicing meditation for only four days can already increase your attention span.
- The main motive of 76% of people who practice meditation is well-being.
- Meditation in a span of six to nine months can reduce anxiety levels by 60%.
- People who practice meditation are less likely to suffer from heart diseases.
- Mindfulness meditation relieves back pain by 30%.
- Meditation lowers blood pressure for 80% of the people who practice it.
- 60% of people who practice meditation find that it improves their energy, while for 50%, meditation aids in their memory and focus.
- Meditation reduces depression relapses by about 12%.
- Regular meditation practice increases telomerase, an enzyme known to delay the onset of Alzheimer's and similar diseases.
- Two weeks of mindfulness training results in reduced mind wandering for participants prone to distractions.

Meditation – in the workplace

- Meditation increases employee productivity by 120%.
- Employers who implemented meditation programs for their employees saw an 85% decrease in absenteeism.
- Businesses with meditation programs for employees experienced a 520% profit increase.
- 60% of employees experiencing anxiety in the workplace showed marked improvement upon practicing meditation.

National Center for Complementary and Integrative Health (NIH)

Read more about meditation for these conditions:

- Pain
- For High Blood Pressure
- For Irritable Bowel Syndrome
- For Ulcerative Colitis
- For Anxiety, Depression, and Insomnia
- For Smoking Cessation
- Other Conditions

<https://www.nccih.nih.gov/health/meditation-in-depth>

Stress Response Info – Geisinger.org.

<https://www.geisinger.org/health-and-wellness/wellness-articles/2020/02/06/21/08/how-stress-affects-your-body>