

# How Meditation Could Change the Brain

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In a time when traumatic events such as pandemics, shootings and loss seem never-ending, mindfulness can be a tool for feeling capable during periods of uncertainty.

“Mindfulness is a collection of practices nowadays, aimed to help most of us cultivate moment-to-moment awareness,” said Monica Vermani, a clinical psychologist based in Toronto and author of “[A Deeper Wellness: Conquering Stress, Mood, Anxiety and Traumas](#).”

“You’re not only aware of your body; you’re aware of your surroundings and your world,” she added. “It forces you to pay attention to life (rather) than get caught up in your head with anxious thoughts, worries and ruminating about the future.”

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