

Meditation helped Jane Anderson fight seasonal affective disorder

July 11, 2011

Zee News India:

Landscape artist Jane Anderson struggled with seasonal affective disorder in the winter months. She tried meditation and noticed a change within a month.

“My experience was a sense of calmness, of better ability to regulate my emotions,” she says.

Her experience inspired a new study which found changes in brain activity after only five weeks of meditation training, the journal Psychological Science reports.

Read more: [Zee News India](#)