

# Why Mindfulness Meditation Makes Us Healthier

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## ***Huffington Post:***

Previous research on mindfulness meditation has shown that it aids in lowering blood pressure, improves immune system and brain function and minimizes pain sensitivity. A new review of past literature on mindfulness now breaks down what exactly it is about the practice that seems to have these beneficial effects.

Researchers defined mindfulness as “the nonjudgmental awareness of experiences in the present moment” in the *Perspectives on Psychological Science* study. They identified the four acting components of mindfulness meditation: regulation of attention, body awareness, self-awareness and regulation of emotion.

Each of these elements helps us in different aspects of our lives, according to the study. For example, regulation of attention may help us be extra-aware of our bodily state. And by being aware of our bodies, we are able to recognize the emotions we are currently experiencing, researchers said.

Read the full story: [\*Huffington Post\*](#)