

Health Benefits of Meditation



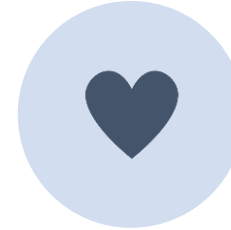
Stress
Reduction



Decreases
Blood Pressure



Controls
Anxiety



Improves
Emotional
Health



Generates
Kindness



Enhances Self-
awareness & Empathy

Health Benefits Continued



Improves
Sleep



Controls Pain



Fights
Addiction



Fights Age-
related
Memory Loss



Lengthens
Attention
Span

Sources

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