



20 Scientific Reasons to Start Meditating Today

New research shows that meditation boosts your health, happiness, and success.

<https://www.psychologytoday.com/us/blog/feeling-it/201309/20-scientific-reasons-start-meditating-today>

1. Increases immune function (see [here](#) and [here](#))
2. Decreases pain (see [here](#))
3. Decreases inflammation at the cellular level (see [here](#) and [here](#))

It boosts your [happiness](#).

4. Increases positive emotion (see [here](#) and [here](#))
5. Decreases depression (see [here](#))
6. Decreases anxiety (see [here](#) and [here](#))
7. Decreases stress (see [here](#) and [here](#))

It boosts your [social life](#).

8. Increases social connection and emotional intelligence (see [here](#) and—by yours truly—[here](#))
9. Makes you more compassionate (see [here](#) and [here](#))
10. Makes you feel less lonely

It boosts your [self-control](#).

11. Improves your ability to regulate your emotions (see [here](#)). (*Ever flown off the handle or not been able to quiet your mind? Here's the key.*)
12. Improves your ability to introspect (see [here](#) and, for why this is crucial, see [this post](#))

It changes your brain (for the better).

13. Increases grey matter (see [here](#))
14. Increases volume in areas related to emotion regulation, positive emotions, and self-control (see [here](#) and [here](#))
15. Increases cortical thickness in areas related to paying attention (see [here](#))

It improves your [productivity](#)

16. Increases your focus and attention (see [here](#) and [here](#) and [here](#) and [here](#))
17. Improves your ability to multitask (see [here](#))
18. Improves your memory (see [here](#))
19. Improves your ability to be creative and think outside the box (see research by [J. Schooler](#))
20. It gives you perspective.

Mindfulness meditation and the immune system: a systematic review of randomized controlled trials

<https://pubmed.ncbi.nlm.nih.gov/26799456/>

Mindfulness meditation represents a mental training framework for cultivating the state of mindful awareness in daily life. Recently, there has been a surge of interest in how mindfulness meditation improves human health and well-being. Although studies have shown that mindfulness meditation can improve self-reported measures of disease symptomatology, the effect that mindfulness meditation has on biological mechanisms underlying human aging and disease is less clear.

To address this issue, we conducted the first comprehensive review of randomized controlled trials examining the effects of mindfulness meditation on immune system parameters, with a specific focus on five outcomes:

- (1) circulating and stimulated inflammatory proteins,
- (2) cellular transcription factors and gene expression,
- (3) immune cell count,
- (4) immune cell aging, and
- (5) antibody response.

This analysis revealed substantial heterogeneity across studies with respect to patient population, study design, and assay procedures. The findings suggest possible effects of mindfulness meditation on specific markers of inflammation, cell-mediated immunity, and biological aging, but these results are tentative and require further replication. On the basis of this analysis, we describe the limitations of existing work and suggest possible avenues for future research. Mindfulness meditation may be salutogenic for immune system dynamics, but additional work is needed to examine these effects.

Why Mindfulness can help the Immune System

Cognitive, Affective, & Contemplative Neuroscience Research

<https://davidvago.bwh.harvard.edu/why-mindfulness-can-help-the-immune-system/>

New Clues Into How Meditation May Boost The Immune System

<https://www.forbes.com/sites/alicegwalton/2016/09/06/new-clues-into-how-meditation-can-boost-the-immune-system/?sh=e5391be36982>

Benefits Of Meditation: How Mindfulness Helps Boosts Immunity, Reduce Stress

<https://www.medicaldaily.com/benefits-meditation-mind-and-body-reducing-stress-immune-system-382023>