**The Science of Mindfulness**

I never liked science in school. I barely passed, and the curriculum never inspired me. Now, 20 years later, I can’t get enough of it. It excites me! I crave the information. It is mind-blowing in a good way. I bet I’d get 100% in class now if I went back to school. Let me explain:

Based on her research in 2005 and 2010, Harvard Medical School Neuroscientist Sara Lazar's brain scans show 8 weeks of mindfulness meditation can actually change the size of key regions of our brain responsible for improving our ability to focus; strengthening our memory; making us more resilient under stress; fostering our decision making; helping us be more empathetic listeners; and showing more compassion to our colleagues.

Did you know?

1. The Amygdala is the part of your brain that is responsible for the “fight or flight” response. Stress or rest feelings. When practicing mindfulness, your Amygdala actually shrinks, which means stress shrinks too! Who doesn’t what that?!
2. The Pre-frontal cortex is the part of your brain responsible for regulating emotions. This means that you’ll be able to strengthen your healthy, positive choices and foster your feelings in a positive way.
3. The Left hippocampus is responsible for learning, memory and emotion regulation. When you practice mindfulness and being chill every day, you’ll find learning easier, memory will improve and you will be able to better manage big emotions and feelings.
4. Mindfulness increases resiliency to stress and boosts our immune system!

So with all of this scientific back-up – don’t you want to try a little mindfulness yourself?

I mean, do you want to feel stressed or do you want to feel your best?

Steph Van De Ven

The Mindful Mama

[www.stephvandeven.com](http://www.stephvandeven.com)