

Muse Benefits Citations

Supporting “based on scientifically proven” exercises

Professional Brief

Science behind the exercises/what benefits can be expected long-term?

- **Increase Working Memory**
 - With a settled mind research has shown you can more easily access information stored in your memory for simple or complex tasks.
- **Boost Focus**
 - With practice this training has been shown to boost your ability to monitor and sustain your attention in anything that you do.
- **Reduce stress**
 - By practicing being aware of what’s happening with your thoughts and emotions you build the ability to reduce tension, anxiety and stress.
- **Workout your Brain**
 - Like a workout for your brain, each session helps develop parts of your brain associated with emotion regulation and executive control. (PFC, Amygdala)
- **Reduce Mind-Wandering**
 - Harvard research shows 46.9% of our time spent thinking of something else and that a Wandering Mind is an Unhappy Mind - with exercise you’ll learn how to settle your mind at anytime.

Professional In-depth

Harvard - Sara Lazar

Mindfulness practice leads to increases in regional brain gray matter density.

<http://www.ncbi.nlm.nih.gov/pubmed/21071182>

- Change the brain in beneficial ways - *Brain Training*
- changes in gray matter concentration in brain regions involved in learning and memory processes, emotion regulation, self-referential processing, and perspective taking

Center for Investigating Healthy Minds, U of Wisconsin - Richie Davidson et al

Attention regulation and monitoring in meditation

http://psychz.psych.wisc.edu/web/pubs/2008/LutzAttention_TCS.pdf

- Monitor and regulate attention

Center for Investigating Healthy Minds, U of Wisconsin - Richie Davidson

Alterations in brain and immune function produced by mindfulness meditation.

<http://www.ncbi.nlm.nih.gov/pubmed/12883106>

- Greater cognitive flexibility (increased ability for adaptive responses under stress)
- Boost your immune system

University of Oxford - Mark Williams

Mindfulness and Psychological Process

http://www.contemplativemind.org/enewsletter/2011_Spring/Mindfulness_and_Psychology-Mark_Williams.pdf

- Stress reduction

UCLA - Amishi Jha

Examining the Protective Effects of Mindfulness Training on Working Memory Capacity and Affective Experience

http://www.mind-fitness-training.org/MMFT_Emotion_working_memory.pdf

- Boosts to working memory

UCLA Santa Barbara - Michael Mrazek

Mindfulness Training Improves Working Memory Capacity and GRE Performance While Reducing Mind Wandering

<http://pss.sagepub.com/content/early/2013/03/27/0956797612459659.abstract>

- Improve Test Scores (Increased Working Memory, Decreased Mind Wandering)

Liverpool University - Peter Malinowski

Meditation, mindfulness and cognitive flexibility.

<http://www.ncbi.nlm.nih.gov/pubmed/19181542>

- Focus attention and suppress distracting information

University of Toronto - Zindel Segal

Inside the Mindful Mind: How Mindfulness Enhances Emotion Regulation Through Improvements in Executive Control

[http://static.squarespace.com/static/5136bba8e4b09e6afa7bb698/t/51cc838fe4b06b9ce7a73827/1372357519756/Teper,%20Segal,%20&%20Inzicht%20-%20Inside%20the%20Mindful%20Mind%20\(in%20press\).pdf](http://static.squarespace.com/static/5136bba8e4b09e6afa7bb698/t/51cc838fe4b06b9ce7a73827/1372357519756/Teper,%20Segal,%20&%20Inzicht%20-%20Inside%20the%20Mindful%20Mind%20(in%20press).pdf)

- Emotion Regulation

University of Oregon - Michael I. Posner

Short-term meditation training improves attention and self-regulation

<http://www.pnas.org/content/104/43/17152.full>

- improves attention
- improves self-regulation

University of North Carolina

Mindfulness meditation improves cognition: Evidence of brief mental training

<http://www.gwern.net/docs/dnb/2010-zeidan.pdf>

- Sustain attention and boost executive functioning

Kent State Ohio University

Mindfulness-Based Stress Reduction Helps Lower Blood Pressure, Reports Study in Psychosomatic Medicine

<http://www.wolterskluwerhealth.com/News/Pages/Mindfulness-Based-Stress-Reduction-Helps-Lower-Blood-Pressure.-Reports-Study-in-Psychosomatic-Medicine.aspx>

- Lowers Blood Pressure