Essentially, meditation is practicing to control and focus your thoughts
This can help improve memory, IQ and mood
It also stimulates theta brainwaves and is highly therapeautic
Many of the world's most influential figures meditate daily!

CALM MIND, HEALTHY BODY

Zazen - Seated Meditation with no goal
Mindfulness - Watch your 'thoughts go by'
Vipassana - Another name for mindfulness
Transcendental - Quietening all thoughts
Spiritual - Focussing on your religion
Focussed - Focussing on one thing
Guided Visualisation
Moving Meditation
Vipassana - Insight meditation
Varjraana - Becoming 'buddha-like'

Flow States What is Cari.

We are never happy due to the hedonic treadmill Adverts, alerts, alarms keep us in constant stress We worry about things that don't really matter We never have time to focus on the good

Meditation
CBT
Rich environments
Challenge

Less TV
Less phone
Morning routines
Gratitude

Flow states occur when we are fully engagd with what we are doing This is 'hypofrontality'

Flow states unlock our full potential and leave us happy and exhilerated In a brain scanner, it looks similar to meditating

The opposite is the 'default mode network'
This is important too for 'daydreaming' and for coming up with ideas!

The key is to be able to choose and activate the best brain state for the situation!

CBT uses mindfulness to address negative thought patterns
As well as journaling

Then it tests those thoughts by using 'thought challenging' And by using 'hypothesis testing'
New associations are formed with exposure/reassociation

Calm Mind, Healthy Body - MIND MAP