



Deeply Relaxing Guided Meditations Online

Is there any scientific evidence that meditation works?

Over recent years substantial funding has gone into researching the benefits of meditation, and thousands of articles have now been published in top scientific journals. These studies are proving what we know from experience at Rest & Be, that meditation is good for us in so many ways! Setting aside just a few minutes a day for meditation can have lasting health and wellbeing benefits. Below are just a few of the proven benefits of meditation:

- Reduces stress & anxiety
- Improves mood & behaviour
- Decreases negative habits & emotional reactivity
- Boosts brain function & improves focus, energy & creativity
- Improves digestion & can help with weight control
- Decreases tension related pain
- Relieves sleep related problems
- Improves relationships & develops compassion
- Can help with depression, addictions & stress related illness
- Improves immune function
- Lowers blood pressure & decreases inflammation
- Promotes a sense of peace, happiness & wellbeing

Even though meditation has been proven to be so good for us, many people find it difficult to meditate. This is why it can be so helpful to have some guidance and support with your meditation. At Rest & Be, we make meditation simple, comfortable & convenient so that everyone can benefit from the difference it can make to your life.

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Discover True Rest in your daily life

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