

Why Should I Meditate? Motivation for Teens

Feel Accepted - Part of feeling like you are “in” with a group is knowing how to read social cues and respond appropriately. Studies have shown that mindfulness meditation boosts activity in the prefrontal lobe area of the brain. One of the many functions of this area of the brain is the ability to communicate well. Through a regular meditation practice, you will be able to communicate better with your peers as well as the adults in your life, allowing you to understand and be understood.

Feel in Control of your Future - If you feel overwhelmed by school, work, social pressures and planning your future, you are not alone. When you feel overwhelmed by too many tasks your brain sends a message to your body that you are in physical danger. You might feel like you need to leave the situation physically by taking off, or mentally by using a substance to alter your mood. Neither option really fixes the situation. Mindfulness meditation can help you regain control and allow you to make better decisions. **Try this now:** Take a deep inhale, counting in to four, and an even longer exhale counting out to six. It only takes a few rounds of this breathing technique for your brain to get the message that everything is okay.

Feel Safe - Once you feel safe and in control, you will be able to consistently make better decisions. These decisions will have a cumulative affect on the ease of your day-to-day life. Practicing the above breathing exercise on a regular basis also has cumulative benefits. Practice mindfulness every day for just five minutes a day. Make it as routine as brushing your teeth. You will find it becomes an automatic part of your day, and you will spend less time stressing out!

Feel like you can manage your mood - losing control of yourself, yelling at a friend or family member never feels good. Unfortunately this kind of reaction can be a bad habit. Every time you lose your temper, you get better at it, because the area of the brain responsible for angry reactions gets stronger. Luckily the opposite is true. You can get better at responding to situations in a cool, calm way, by practicing mindfulness. It's like building a muscle. Which muscle do you want to strengthen, your rage muscle or your “chill” muscle. What kind of friends would you choose, rage friends or chill friends?

Be your own best friend - The same area of the brain, the prefrontal lobe, that is exercised during mindfulness, is responsible for positive emotions like compassion. Compassion is the ability to feel care, concern, and kindness. Compassion toward yourself is just as important as feeling compassion toward others. Mindfulness meditation can help you develop a friendship with yourself. It might be the most important friend you ever make!

For more information about starting a meditation practice, check our mindfulhub.com

We wish you twenty minutes of mindfulness every day!

