

# Psychology and Psychiatry: Open access

Extended Abstract

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## Hormones to overcome anxiety and depression

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### Abstract

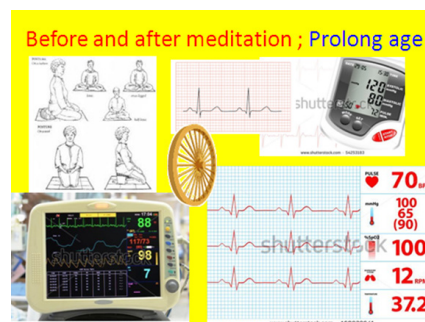
People suffer from depression, discouragement, hatred, resentment, fear, and anger. And those feelings give birth to more and more violence. Road rage leads to traffic injuries and deaths. The feelings were certain kinds of self-respect and self-esteem, self-worth, and self-accomplishment, as well as romantic love and friendship. Those persons who tend to have strong emotional responses and to take longer times to recover from them are more likely to suffer from stress-related conditions and produce much amount of Cortisol is a steroid hormone, in the glucocorticoid class of hormones. A persons disposed to anxiety and depression would benefit greatly if they would meditate daily on compassion, for themselves and for all sentient beings. Buddhism has put more urgency on inner reflection. The awakening to interdependent reality will replace selfish compulsive responses with loving-kindness , compassion, sympathetic joy and equanimity. It is the responsibility of the institutions to inculcate better attitude and behaviour through holistic education process so that quality students can be supplies to the forthcoming generations.

### Scientific Reasons to Start Meditating Today

New research shows meditation boosts your health, your happiness and your success!

After 9/11 soon I began meditating. During an incredibly chaotic time, I was living during Manhattan, an already chaotic city. I knew I didn't have much control over my world outside. But my mind, through meditation, was the one place I had a say about. I didn't know when I began meditating it would also make me safer, happier and more productive. Having observed the benefits, I dedicated my Stanford PhD work to researching the meditation 's effects. I have seen people from a number of backgrounds benefit from college students battling veterans. In the last 10 years, hundreds of studies have been released. Here are 20 scientifically-validated reasons you might want to get on the bandwagon today:

With every moment we spend meditating, we have the opportunity to cultivate self-awareness and change how we perceive the world. In fact, the word "meditation" is an Indo-Tibetan English translation of words that connote the cultivation of familiarity with one's own mind. Meditation provides you with the resources to train your mind to be normal in a constructive or beneficial way and to of all of your life's negative behaviors or experiences. Back to the original question: How much formal sitting meditation is needed to begin experiencing its benefits and have a lasting impact? As mindfulness and meditation become more integrated into medical models for stress, cardiovascular disease, psychotherapy and more, we must better understand an explicit answer to this question.



Outcome : Meditation provides physical, mental, and emotional benefits

### It Boosts Your HEALTH

- 1 - Increases immune function (See here and here)
- 2 - Decreases Pain (see here)
- 3 - Decreases Inflammation at the Cellular Level (See here and here and here)

### It Boosts Your HAPPINESS

- 4 - Increases Positive Emotion (here and here)
- 5 - Decreases Depression (see here)
- 6 - Decreases Anxiety (see here and here and here)
- 7 - Decreases Stress (see here and here)

### It Boosts Your SOCIAL LIFE

Consider meditation is an exercise in solitude? It could be (unless you meditate in a group like many do!) but in fact it enhances your sense of contact with others:

- 8 - Increases social connection & emotional intelligence (see here and - by yours truly - here)
- 9 - Makes you more compassionate (see here and here and here)
- 10 - Makes you feel less lonely (see here)

### It Boosts Your Self-Control

- 11 -- Improves your ability to regulate your emotions (see here) (Have you ever flew off your handle or wasn't able to calm your mind?)
- 12 - Improves your introspection potential (see here & why this is important see this post)

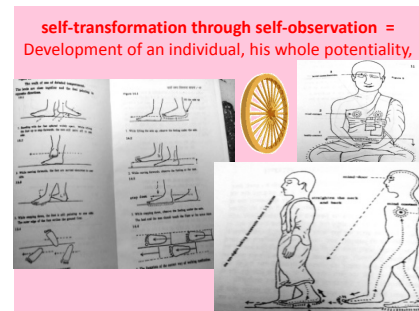
### It Changes Your BRAIN (for the better)

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- 13 - Increases grey matter (see here)
- 14 -- Increases volume in areas of controlling feelings, positive emotions & self-control (see here and here)
- 15 - Increases cortical thickness in areas related to paying attention (see here)
- It Improves Your Productivity (yup, by doing nothing)
- 16 - Increases your focus & attention (see here and here and here and here)
- 17 - Improves your ability to multitask (see here)
- 18 - Improves your memory (see here)
- 19 - Improves your imaginative capacity & think beyond the box (see J. Schooler 's research)
- 20. It Makes You WISE(R)



It gives you perspective: You realize you don't have to be slave to it by observing your mind. You realize it's throwing tantrums, getting grumpy, jealous, happy and sad but it doesn't have to run you out. Meditation is mental health very simply: clean out the garbage, balance your skills and get in touch with yourself. Think of it, every day you shower, and clean your body, but have you ever showered your mind? As a result, you'll feel clearer and see more perspective on things. "Our quality of life is dependent on the quality of our mind," We can't regulate what's going on outside but we have a say in our mind's output. No matter what happens, if your mind is all right, then everything is all right.