

Meditation and mindfulness exercises proved more successful than standard group therapy in treating symptoms of post-traumatic stress disorder (PTSD) in veterans at the Minneapolis VA Medical Center.

**Health is a state of complete physical, mental and social well-being, and is not just the absence of disease or infirmity.**

A recent study in the journal, Psychological Science, found that the pupils of infants' eyes widened when they saw someone in need—a sign of concern—but their pupils would shrink when they could help that person—or when they saw someone else help, suggesting that they felt better.

[http://greatergood.berkeley.edu/article/item/what\\_motivates\\_kids\\_to\\_help\\_others](http://greatergood.berkeley.edu/article/item/what_motivates_kids_to_help_others)

A supportive relationship between caregiver and child helps buffer stress hormone exposure, even in children who are highly vulnerable to stress system-activation.

“Excessive Stress Disrupts the Architecture of the Developing Brain: Working Paper #3.” National Scientific Council on the Developing Child. 2014. Web. <<http://www.developingchild.net>>.

In order to heal, traumatized children need an environment that offers compassion, respect, safety and predictability.

Positive routines and rituals are key to creating a safe environment.

[https://traumasensitiveschools.org/wp-content/uploads/2015/11/urbanhealth-jhu-SDH\\_2015\\_Summary\\_Report.pdf](https://traumasensitiveschools.org/wp-content/uploads/2015/11/urbanhealth-jhu-SDH_2015_Summary_Report.pdf)

# **HOLISTIC LIFE FOUNDATION (HLF), BALTIMORE**

HLF promotes mindfulness by teaching yoga and meditation to Baltimore youth, with a focus on reducing stress. HLF aims to equip young people with skills that they can access in high-stress situations to alleviate anxiety in a healthy and rational way.

A study of HLF's impact at Patterson High School showed a reduction in suspensions and increased academic performance.

[www.HLFinc.org](http://www.HLFinc.org)

[marnitastable.org](http://marnitastable.org)

**Volunteering is associated with  
enhanced self-rated health and  
decreased functional  
dependency.**

Tang, Fengyan, *Journal of Applied Gerontology*, 2009, Vol.28(4), pp.524-533

**Racism and discrimination compound the health impacts of social and environmental factors by limiting opportunities and by contributing a significant source of stress to everyday life.**

Source: <http://www.health.state.mn.us/divs/opa/2014incomeandhealth.pdf>



Scientific data shows that self-criticism makes us weaker in the face of failure, more emotional, and less likely to assimilate lessons from our failures. Studies are finding that there is a far better alternative to self-criticism: self-compassion.

See more at: <http://ccare.stanford.edu/uncategorized/the-scientific-benefits-of-self-compassion-infographic/#sthash.uXDF4COG.dpuf>

Compassion is your ability to experience others' feelings — from joy to sorrow — with a desire to help. Not only does compassion decrease suffering by helping those in need, but also it can boost your bond with others. Plus, you may find that the pursuit of compassion makes you happier than the pursuit of happiness.

<http://www.mayoclinic.org/healthy-lifestyle/adult-health/in-depth/compassion-can-boost-happiness/art-20270120>

Giving or receiving compassion can:

- Make you healthier.

The reason: The happier you are, the easier it is to commit to healthy habits.

- Improve your mental health by decreasing your stress levels.
- Temporarily shift your attention away from your own challenges and put things into perspective.
- Enhance your spiritual well-being.

<http://www.mayoclinic.org/healthy-lifestyle/adult-health/in-depth/compassion-can-boost-happiness/art-20270120>

A study published in the Public Library of Science One was the first to use functional magnetic resonance imaging (fMRI) to indicate that positive emotions such as loving-kindness and compassion can be learned in the same way as playing a musical instrument or being proficient in a sport.

See more at: [http://news.wisc.edu/study-shows-compassion-meditation-changes-the-brain/  
#sthash.Ep7wOlhm.dpuf](http://news.wisc.edu/study-shows-compassion-meditation-changes-the-brain/#sthash.Ep7wOlhm.dpuf)

A brain-imaging study headed by neuroscientist Jordan Grafman from the National Institutes of Health showed that: “The ‘pleasure centers’ in the brain... are equally active when we observe someone giving money to charity as when we receive money ourselves! Giving to others even increases well-being above and beyond what we experience when we spend money on ourselves.”

<http://sixtyandme.com/why-cultivating-compassion-is-essential-for-healthy-aging-and-happiness/>

[marnitastable.org](http://marnitastable.org)