



“

Meditation has been shown to have vast emotional and physical benefits. Regular meditation can help build skills to manage stress and be present; reduce feelings of depression and anxiety; and increase attention, memory, and mental clarity. The benefits of meditation last well beyond the meditation session. It's never too late to learn to meditate: take a 'one-minute dip into peacefulness' today and reap the benefits of this important mind-body practice.

DR. DONNA'S TIP OF THE WEEK