

## **RESEARCH-DEMONSTRATED BENEFITS OF LISTENING REGULARLY TO THE RELAXATION RESPONSE EXERCISE**

1. Relaxation to help you relax and sleep!
2. Reduced stress reaction to stressors (lower anxiety and anger).
3. Decreased pain levels.
4. Decreased menopausal symptom frequency and intensity.
5. Decrease headache and migraine frequency and intensity.
6. Decreased blood pressure.
7. Decreased inflammation.
8. Improved glucose metabolism.
9. Improved energy metabolism.
10. Decreased size of the amygdalae, the area of the brain responsible for the stress response.
11. Increased size of the part of our brain that makes us intelligent and reasonable and promotes good social behaviour: the prefrontal cortex.