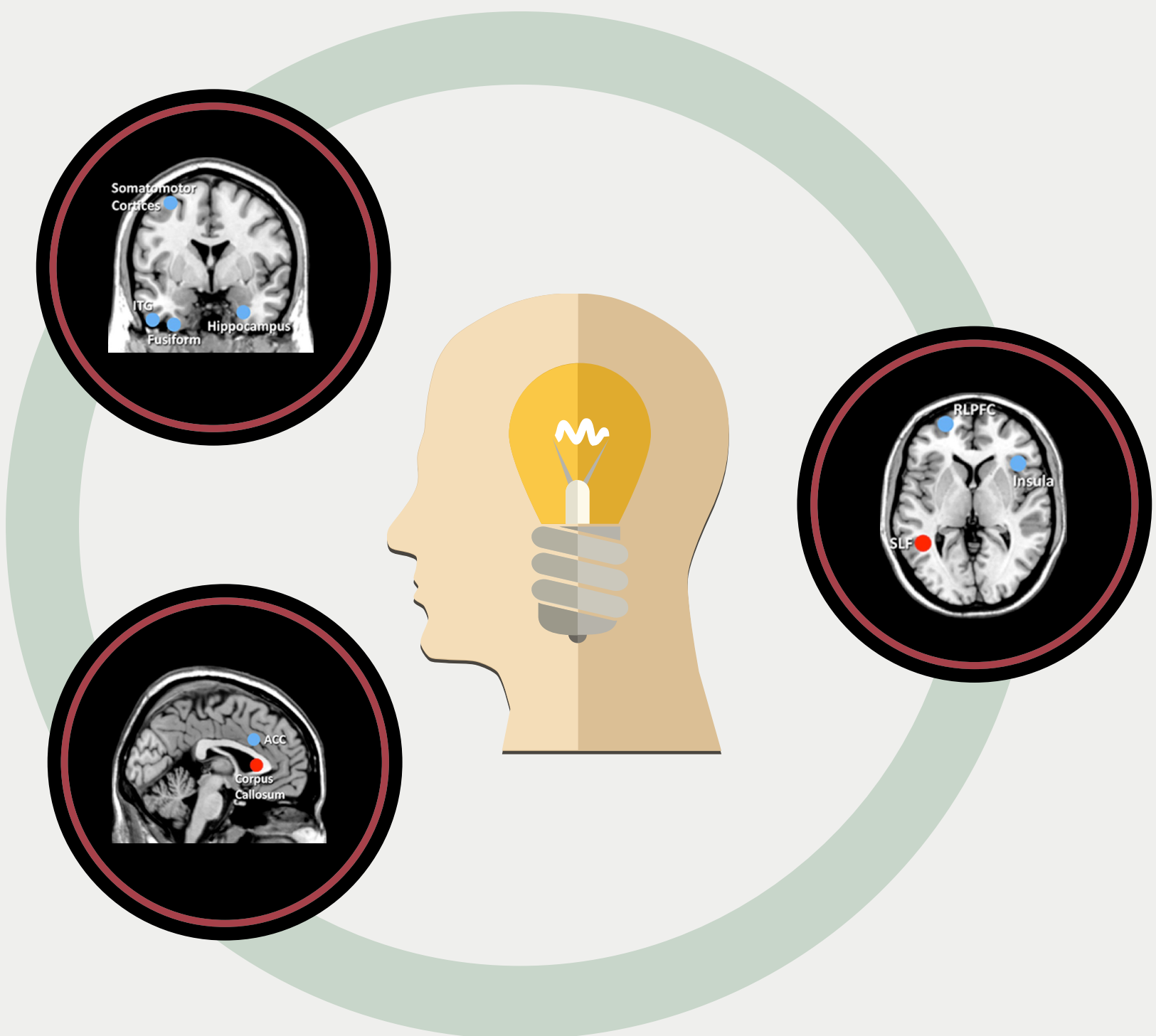


# How does meditation get under your skin and *Change Your Brain?*

Here are the findings from a review of 21 studies examining the effects of meditation on the brain

Kalina Christoff and her colleagues at the University of British Columbia investigated brain morphology, which is the study of structure, shape and composition of the brain. Scientists are interested in morphology because there is a link between morphology and the capacities of the brain. Below, we highlight six of the brain regions that may be changed by meditative practice -- and how these changes might improve our well-being.



## Hippocampus

Memory & Emotional Learning

## Somatomotor Cortices

Tactile and pain processing

## Rostrolateral Prefrontal Cortex

Introspection and 'metacognitive' awareness

## Insula

Enhanced bodily awareness

## Cingulate Cortex

Self-Regulation & Adaptive Behavior

## Inferior Temporal Gyrus

Enhanced visual attention



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