# **The Top 5 Benefits Meditation Has on Your Emotions**

We live in a busy world. We are always on the go, spending our days multitasking and trying to get it all done. Unfortunately, the constant rush to accomplish necessary tasks has left us disconnected from the present moment. Practicing mindfulness means purposely focusing your attention on the present moment. Regular mindfulness meditation has been shown to be an essential element in reducing stress and improving your overall happiness. Along with the many mental benefits, meditation can provide you with the following emotional benefits as well.

**Improved Mood**

Practicing meditation on a regular basis is great for boosting a lousy mood. Meditation is the perfect anecdote if you are looking to boost your mood and lead a happier, healthier life. Whether you are just having a bad day or if you are suffering from depression, engaging in meditation can help.

## Lowered Stress levels

Stress is something that we've all experienced in our lives. If you engage in meditation every day, you can experience an immediate decrease in your stress levels. As you learn to focus and live in the moment, you learn how to better cope with the ongoing stressors in your life.

## Increased Calmness

When you practice meditation, you can remain calm during upsetting situations and events. Meditation brings about an awareness of your thoughts and feelings, allowing you to witness the situation without having an adverse reaction.

**Emotional Strength**

Meditation is based on the truth and the reality of “what is. This means that by engaging in meditation on a regular basis, it will provide you with immense clarity and greater inner strength. As you learn to be present in the moment, your fears, anxieties, and worries start to fade, leaving you feeling steady, stable, and emotionally firm.

## Emotional Balance

Emotional balance means being free of the neurotic behavior that is a result of a traumatized ego. Regular meditation is a great way to cure these neurosis and unhealthy emotional states. As your consciousness is cleansed of the emotionally soaked memories, you gain freedom and balance. Your responses are no longer colored by the burdens you carry.

One of the best things about meditation is that once you learn how to do it, there is no limit to the number of benefits you’ll gain in your life. Not only will you begin to experience more balanced emotions and a healthier mental state, but you’ll be able to lower your stress levels.