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Eight ... Mindfulness lowers the physiological markers of stress and improves the brain's ability to manage stress. Mindfulness does this by increasing the connectivity in the area of the brain that is important to attention and executive control (dorsolateral prefrontal cortex). Restores emotional balance.

Emotional situations can knock any of us off ... 13

Different Ways to Practice Mindfulness - And the

... Mindfulness-based interventions (MBIs) can reduce teachers' stress. The purpose of this mixed-method study, conducted within the context of a randomized-control trial of an MBI for teachers, was to examine four potential ways by which the MBI reduced teacher stress, including by (1) increasing their efficacy for

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