

Brain Fitness LAB Mindfulness



Dear Brain Fitness Lab students,

Welcome to this week's class! This session, we will explore **mindfulness and the brain**, learning practical ways to incorporate mindfulness into our daily lives.

Did you know?

🧠 **Mindfulness can physically change your brain!** Studies show that regular mindfulness practice increases gray matter density in areas associated with memory, emotion regulation, and self-awareness.

💡 **It helps reduce stress and improve focus.** Mindfulness lowers cortisol levels, helping to manage stress while also enhancing attention and cognitive flexibility.

Don't forget to join us! **Class is on Monday from 1:30 to 3:30 PM via Zoom** at the following link: [Click here](#)

Looking forward to seeing you there!

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