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# Awake Mind Mindfulness Newsletter Summer 2012



Dear Julie,

This quarterly newsletter focuses on **mindfulness with aging issues**, including the aging brain, menopause, and insomnia. The related topic "mindfulness with dying" I will cover in the next issue.

Happy Summer!  
Julie Greene

## Mindfulness and the Aging Brain

### Yale Research

#### **Meditation Experience is Associated with Differences in Default Mode Network Activity and Connectivity.**

Brewer, J.A. et al, *Proceedings of the National Academy of Sciences*, 108 (50), 20254-20259, Dec. 13, 2011.

Brain activity in experienced meditators was compared with matched controls when performing several different meditations (Concentration, Loving-Kindness, Choiceless Awareness). Researchers found the main nodes related to "mind-wandering" (medial prefrontal and posterior cingulate cortices) were relatively deactivated in experienced meditators, and stronger coupling was found in areas related to self-monitoring and cognitive control.



### Short Summaries

#### **Tuning out: How brains benefit from meditation**

Yale News, Nov. 21, 2011.

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#### **Meditation really is good for the brain as study reveals it switches off areas linked to ADHD and Alzheimer's**

Sadie Whitelocks for Mail Online, Nov. 21, 2011

[Link to Free Online Article](#)

### UCLA Research

#### **Enhanced Brain Connectivity in Long-Term Meditation Practitioners**

Luders, E. et al, *NeuroImage*, 57 (4), 1308-1316. Aug. 2011

Structural brain connectivity (white matter fiber) was studied in 27 long-term meditators compared with 27 controls. Results showed pronounced structural connectivity in meditators compared to controls throughout the entire brain.

Longitudinal studies are needed to determine the relative contribution of nature and nurture.

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### Short Summaries

#### **Does Meditation Change the Brain? Can It Slow Aging?**

Psychology Today, July 19, 2011 by Faith Brynie, Ph.D.

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**"Your brain doesn't look a day over 40, dear."**

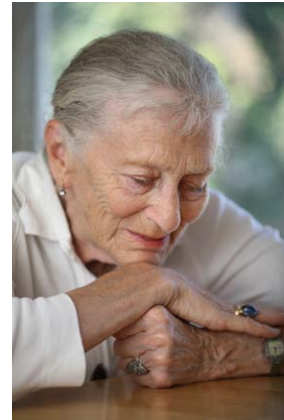
Mindful.org

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## Mindfulness and Menopause

### **Mindfulness Training for Coping with Hot Flashes: Results of a Randomized Trial**

Carmody, J.F. et al, *Menopause*, 18 (6), 611-620. June 2011. MBSR (Mindfulness Based Stress Reduction) was compared with waitlist for 110 women with hot flashes (55 per group). The degree of bother from hot flashes reduced significantly in the MBSR group at 8 weeks and 20 week follow-up. There were also improvements in quality of life, sleep quality, anxiety and perceived stress.



### **Short Summaries**

#### **Mindfulness classes help women with hot flashes.**

by Genevra Pittman in Reuters, Mar. 17, 2011.

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#### **Meditation May Help Women Cope With Hot Flashes**

by Ellin Holohan in US News, June 3, 2011.

[Link to Free Online Article](#)

## Mindfulness and Insomnia

### **Mindfulness-Based Stress Reduction Versus Pharmacotherapy for Chronic Primary Insomnia: A Randomized Controlled Clinical Trial**

Cynthia R. Gross, et al. *Explore: The Journal of Science and Healing*, 7 (2), pp. 76-87, March 2011.

For 30 adults with chronic insomnia, an eight week program of MBSR (Mindfulness Based Stress Reduction) was compared to Lunesta. Results were measured during the 8 weeks and follow-up after 5 months. The MBSR group had significant sleep improvements as measured by two indexes, sleep diaries and wrist actigraphy.

### **Got Sleep? If not, choose Mindfulness.**

by Cindy Gross at UCSD Center for Mindfulness, June 9, 2011.

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## Mindfulness, Meditation & EMDR

Advanced EMDR Workshop: 12 CEUs

with Julie Greene, LPC

-- let your friends and colleagues know --

### **Seattle, Washington**

November 9-10, 2012 (Friday & Saturday)

**Regular Fee: \$350. Early Bird: \$300.**

(Limited to 24 participants so register early)

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