

Name _____

The Benefits of Mindfulness Meditation for Students

Short Answer Key

1. The purpose of mindfulness meditation is to help individuals focus on the present moment without judgment and cultivate mindfulness.
2. Mindfulness meditation can help with stress by teaching individuals to manage their emotions and stay calm in challenging situations.
3. Mindfulness meditation can improve relationships by making individuals more aware of their behavior and how it affects others, leading to better communication and understanding.
4. When your mind wanders during meditation, you should gently bring your focus back to your breath without judging yourself.
5. To start mindfulness meditation, you should find a quiet place, sit comfortably, focus on your breath, and gradually increase the meditation time.

