**9 Science-Backed Reasons You Should Meditate on a Daily Basis**

All of us deal with some sort of stress on a regular basis. According to a [2017 survey](https://news.gallup.com/poll/224336/eight-americans-afflicted-stress.aspx) by Gallup, 79% of Americans feel stressed sometimes or frequently throughout the day. Ignoring this stress can lead to a wide array of [health issues](https://info.totalwellnesshealth.com/blog/stress-takes-a-toll-on-your-body-and-your-wellness-program-infographic) – both mental and physical. It can also lead to [burnout in the workplace](https://info.totalwellnesshealth.com/blog/feeling-the-effects-of-workplace-burnout-heres-how-to-deal).

Luckily, there are many things you can do to [relieve stress](https://info.totalwellnesshealth.com/blog/12-habits-of-employees-who-handle-stress-like-a-boss). One method that has been gaining a lot of popularity throughout the past few years is [meditation](https://info.totalwellnesshealth.com/blog/would-your-workplace-benefit-from-an-office-meditation-program). In fact, according to the National Center for Complementary and Integrative Health (NIH), [nearly 18 American million adults](https://nccih.nih.gov/news/press/02102015mb) practice meditation. While meditation is an ancient practice, more and more people are beginning to utilize its relaxing powers to relieve stress and feel more productive.

Research has found many reasons why meditation is good for us, both mentally and physically. Here are nine science-backed reasons you should start meditating on a daily basis:

**Boosts immunity.** Regular meditation has been shown to help [boost your immune system](https://info.totalwellnesshealth.com/blog/easy-natural-ways-to-boost-your-immune-system). Researchers found that meditation [increases electrical activity](https://chopra.com/articles/how-meditation-helps-your-immune-system-do-its-job) in the left side of the brain – which is responsible for your immune system. It was also found that those who meditate have higher counts of antibodies in their blood, which helps fight illness.

**Decreases pain.** If you suffer from chronic aches, pains, and headaches, meditation could help! Scientists have found a link between mindfulness meditation and pain relief. While the exact reason behind this still remains somewhat unclear, many health experts recommend regular meditation in addition to medical treatments for [chronic pain](https://info.totalwellnesshealth.com/blog/how-employers-can-support-employees-living-with-chronic-pain).

**Boosts creativity.** Want to feel more creative at work? Start meditating! Studies suggest that mindfulness meditation can encourage creative thinking and problem solving. Meditation also helps us separate our emotions from our work, which helps us think more clearly and develop new ideas.

**Lowers blood pressure.** While this one is up for a bit of debate, most experts agree that meditation can be a good way to help lower [blood pressure](https://info.totalwellnesshealth.com/blog/what-do-the-new-blood-pressure-guidelines-mean-for-employee-wellness) in addition to medical treatment, a healthy diet, and exercise. While meditation might not *directly* cause your blood pressure to lower, the practice helps fight stress and anxiety – which can both be culprits of high blood pressure.

**Decreases anxiety.** Meditation has powerful anti-anxiety benefits. One of the main reasons people meditate is to help quiet a loud, overactive mind. Meditation allows us a break from racing thoughts that anxiety often brings. A [2013 study](https://www.sciencedaily.com/releases/2013/06/130604114001.htm) suggests that meditation can reduce anxiety by almost 40%.

**Boosts productivity.** Daily meditation can help you perform better at work! Research found that meditation helps increase your focus and attention and improves your ability to multitask. Meditation helps clear our minds and focus on the present moment – which gives you a huge [productivity boost](https://info.totalwellnesshealth.com/blog/sneaky-ways-to-feel-more-productive-at-work).

**Lowers risk of depression.** Some research suggests that daily meditation might be able to help treat symptoms of depression or lower the risk of depression. This is because meditation helps fight stress and anxiety, which are both major triggers for depression.

**Improves social wellbeing.** Meditation has been show to help individuals build better relationships. Meditation teaches us how to be more present in the moment, which is extremely helpful for relationships. [One study](https://abcnews.go.com/US/meditation-wiring-brain-happiness/story?id=14180253) also found that regular meditation was linked to more laughter, empathy, and socialness.

**Boosts emotional intelligence.** Many of us have troubles understanding our emotions. Mindfulness meditation helps teach us how to be aware of our feelings and emotions and how to process them better. Practicing meditation changes how you think and helps you learn to understand your emotions without having to act upon them.

While meditation isn’t a magic solution for all health issues, when combined with other healthy habits, it can definitely help you feel healthier, happier, and more productive. If you’ve never meditated before, start slow and ease yourself into the practice. You can also download one of the many meditation apps for step-by-step instructions to help you build the new habit. Give yourself some love and relaxation, and try meditating today!