

What can practicing meditation do for you?

Meditation trains your brain to stretch out the time between stimulus and response, giving you space to decide how to respond. It refines your self-awareness and self-control—not just while meditating, but in everyday life.

Before practicing meditation



After practicing meditation



Stimulus

something happens



short time

Response (less control)

unconscious, involuntary, follow primitive instinct (e.g., fight-or-flight)

Stimulus

something happens



time feels stretched out

Response (more control)

conscious, voluntary, feel more equanimous and able to think rationally

Feel an itch



Immediately scratch without even thinking about it

Feel an itch



Notice your desire, choose whether or not to scratch

Distracting thought



Follow it down a rabbit hole, losing focus on what you were doing

Distracting thought



Slow down, zoom out, decide if you want to follow this thought

Someone speaks



You take it personally, feel defensive, tense up, and lash out

Someone speaks



You take a step back, realize it's not about you, and respond calmly