

Attention Training Class Summary

- Attention Training is the foundation for adapting our response to stress
- It teaches you how to respond positively to stress by helping you to stop ruminating
- Rumination prolongs psychological stress and starts the cascade of negative physiological changes throughout your body
- Attention training can reduce rumination in as little as 8 minutes of practice
- If you continue to practice, this benefit is sustained
- As little as two weeks of daily practice is sufficient to produce a significant reduction in mind wandering
- Research shows that when you continue to train your attention, even your black box begins to quieten
- After 30 hours of practice over 2 months, which equates to 30 minutes a day, we see lessened activity in the amygdala, our fear radar
- Reduced amygdala activation means less cortisol and reduced inflammation, which helps to build our resilience to depression