

# DOES SELF-HELP LOVING-KINDNESS MEDITATION REALLY WORK?

2 WEEKS OF ONLINE TRAINING SHOWED...

## Study Overview

130 participants were split into 3 groups:

one doing *Loving-kindness Meditation*, one doing *Mindfulness*, one doing *Breathing exercises*.

**What did they report after 2 weeks?**



**All groups improved!**



Self-reports of stress, self-compassion, and social connection were all improved no matter the type of meditation.

## Unique Loving-kindness Meditation Benefit:

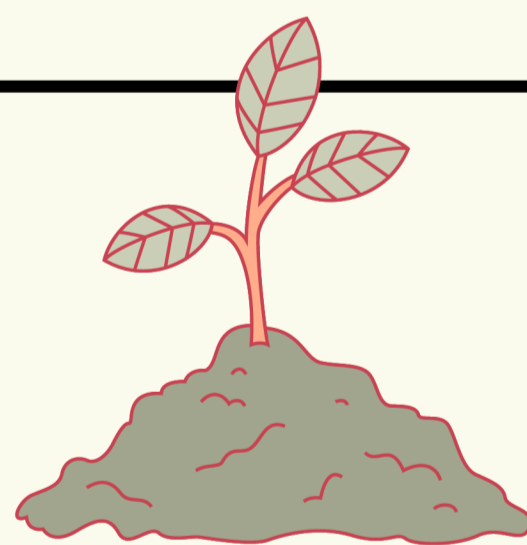
Loving-kindness meditators reported **higher levels of positive emotions** throughout the 14-day study period.

Loving-kindness meditation had **immediate, day-to-day emotional benefits** both during the practice period *and* as a cumulative effect measured at the study's end.



### Immediate Benefits

Loving-kindness meditation provides an immediate daily boost to positive emotions that you can feel throughout your practice period, unlike other meditation types.



### Promotes a Growth Mindset

Loving-kindness meditation offers a socially-focused approach to mental wellness that actively cultivates compassion and goodwill toward yourself and others



### Increases Happiness and Life Satisfaction

Practiced for just 12 minutes a day, loving-kindness meditation significantly improves stress symptoms, self-compassion, and social connection within two weeks



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