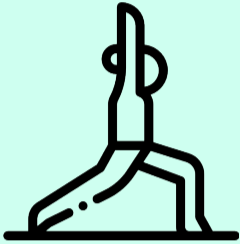


WARRIORS' ASCENT

Strengthening and Healing the Body: We curated some content pertaining to the body and healing: Sleep, Eat, Move, Exercise, Breathe, Meditate. Click the icon for the content.



The exercise effect

Evidence is mounting for the benefits of exercise, yet psychologists don't often use exercise as part of their treatment arsenal. Here's more research on why they should.



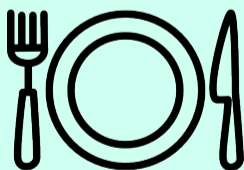
Mindfulness meditation: A research-proven way to reduce stress

Mindfulness meditation can improve both mental and physical health.



Why Do We Sleep?

Russell Foster is a circadian neuroscientist: He studies the sleep cycles of the brain. And he asks: What do we know about sleep? In this talk, Foster shares three popular theories about why we sleep, busts some myths about how much sleep we need at different ages -- and hints at some bold new uses of sleep as a predictor of mental health.



Can we say what diet is best for health?

Diet is established among the most important influences on health in modern societies. Injudicious diet figures among the leading causes of premature death and chronic disease. Optimal eating is associated with increased life expectancy, dramatic reduction in lifetime risk of all chronic disease, and amelioration of gene expression.



Breathing-Based Meditation Decreases Posttraumatic Stress Disorder Symptoms in U.S. Military Veterans: A Randomized Controlled Longitudinal Study