

VSTEP PRACTICE -

THE BENEFITS OF MEDITATION

Meditation is a practice that has been around for centuries and has gained popularity in recent years. It involves training the mind to focus on a single object or thought, which can help reduce stress and increase relaxation. Meditation can be done in many different ways, including sitting quietly, repeating a mantra, or following your breath. The benefits of meditation are numerous. Studies have shown that regular meditation can improve your physical health by reducing blood pressure, lowering cholesterol levels, and strengthening your immune system. It can also improve your mental health by reducing symptoms of anxiety and depression, improving attention and concentration, and increasing feelings of well-being. Meditation can also help you manage stress more effectively. When you meditate, you learn to observe your thoughts without judgment, which can help you respond to stressful situations in a calmer and more rational way. This can lead to better decision-making and a more positive outlook on life. Finally, meditation can be a powerful tool for personal growth and self-awareness. By becoming more mindful and present in the moment, you can gain a greater understanding of your thoughts and emotions, and develop a greater sense of compassion and empathy for yourself and others.

New words:

1. Meditation (thiền định): a practice that involves training the mind to focus on a single object or thought, which can help reduce stress and increase relaxation.
2. Focus (tập trung): the act of paying attention to something and giving it your full concentration.
3. Mantra (âm vực): a phrase or sound repeated during meditation to help focus the mind.
4. Cholesterol (mỡ máu): a type of fat found in the blood that can contribute to heart disease if levels are too high.
5. Immune system (hệ miễn dịch): the body's natural defense system against viruses, bacteria, and other harmful pathogens.
6. Anxiety (lo âu): a feeling of worry, nervousness, or unease about something with an uncertain outcome.
7. Depression (trầm cảm): a mood disorder characterized by persistent feelings of sadness, hopelessness, and a lack of interest or pleasure in activities.
8. Compassion (tình cảm): a feeling of deep sympathy and sorrow for someone who is suffering, accompanied by a strong desire to help.
9. Empathy (đồng cảm): the ability to understand and share the feelings of others.
10. Stress (căng thẳng): a feeling of emotional or physical tension caused by external or internal pressures.
11. Rational (hợp lý): based on reason or logic rather than emotions.
12. Mindful (tỉnh thức): the state of being fully present and engaged in the current moment.
13. Observation (quan sát): the act of watching or noticing something closely and attentively.

14. Decision-making (quyết định): the process of making a choice or judgment after considering all available options.
15. Personal growth (sự phát triển cá nhân): the process of improving oneself in various aspects of life, such as knowledge, skills, and relationships.

1. What is meditation?

- A. A recent trend in relaxation techniques.
- B. A practice that has been around for centuries.
- C. A physical exercise that strengthens the body.
- D. A form of therapy for mental health disorders.

2. What is the goal of meditation?

- A. To increase stress levels.
- B. To reduce physical health problems.
- C. To reduce symptoms of mental health disorders.
- D. To train the mind to focus on a single object or thought.

3. Which of the following is NOT a way to meditate?

- A. Following your breath
- B. Repeating a mantra
- C. Walking briskly
- D. Sitting quietly

4. How does regular meditation improve physical health?

- A. By increasing blood pressure.
- B. By increasing cholesterol levels.
- C. By reducing blood pressure.
- D. By weakening the immune system.

5. What are the mental health benefits of regular meditation?

- A. Increasing symptoms of anxiety and depression.
- B. Improving attention and concentration.
- C. Reducing feelings of well-being.
- D. None of the above.

6. How can meditation help manage stress more effectively?

- A. By judging thoughts more harshly.
- B. By responding to stressful situations more irrationally.
- C. By observing thoughts without judgment.
- D. By ignoring stressful situations.

7. What is a potential result of managing stress more effectively through meditation?

- A. Worse decision-making
- B. A more negative outlook on life
- C. Better decision-making
- D. A more stressful life

8. What is a potential benefit of meditation for personal growth and self-awareness?

- A. A greater understanding of your thoughts and emotions.
- B. A decrease in empathy for others.
- C. An increase in stress levels.
- D. A decrease in feelings of well-being.

9. What is the goal of becoming more mindful and present in the moment during meditation?

- A. To increase stress levels.
- B. To decrease understanding of thoughts and emotions.
- C. To gain a greater understanding of thoughts and emotions.
- D. To become more judgmental.

10. What is a potential benefit of developing a greater sense of compassion and empathy for yourself and others through meditation?

- A. Increased stress levels.
- B. Decreased well-being.
- C. Better relationships with others.
- D. Worsened relationships with others.

11. What does the term "mantra" mean as used in the passage?

- A. A specific type of meditation.
- B. A musical instrument used during meditation.
- C. A phrase or sound repeated during meditation.
- D. A type of yoga pose.

12. What does the term "empathy" mean as used in the passage?

- A. The ability to understand and share the feelings of others.
- B. The ability to judge and criticize others.
- C. The ability to ignore the feelings of others.
- D. The ability to hide one's own feelings from others.