A new University of Miami study shows that mindfulness meditation exercises for soldiers in the next months leading up to deployment can substantially reduce the risk of depression and a wandering mind.

In the same way that some athletes are physically trained during the period leading up to a major competition, the study found that mindfulness meditation exercises can help during deployment.

**턴 TO RESEARCH, 2B**

**INFOGRAPHIC**

A University of Miami study suggests that mindfulness exercises can help soldiers head to war steel themselves against lapses of attention and other issues.

**POLITIFACT FLORIDA**

BY AMY SHERMAN

The students have become little more than ‘test drones’ being bombarded with an army of standardized high-stakes tests which eat up as much as 45 school days per year, the latest in technology and training. If you experience any of the following signs, you could be having a heart attack:

- Chest pain or pressure
- Shortness of Breath
- Upper Body Pain
- Sweating or Nervousness
- Dizziness & Nausea
- Upper Body Pain
- Fear of Dizziness

If you have questions about heart attack symptoms or any other cardiovascular issues, call 911.

**TURN TO TESTING, 6B**

**INFOGRAPHIC**

In UM study, training a soldier’s mind
PROVIDE INFORMATION TO HELP US DO THAT.

MINDFULNESS is the ability to be aware and attentive in the present, without emotional reactivity.

Mindfulness is a good option because it's portable and low-tech and accessible for people. We wanted to see if so if they were trained in it before deployment would it help in managing their psychological health and well-being, this work is recognized in the field of complementary neuroscience.

We already know how to provide physical fitness. Now, we are learning how to protect the soldiers' minds.

The results are significant because during the critical deployment period, the soldiers do often have the opportunity to do the embodied mindfulness regimen. The study cut the length of training by two-thirds from eight to five nights.

"With the continued deployment, our soldiers face complex threats around the world, and the results are a critical addition to our mental-resilience and mind-body science," Mal Gau Walter F. Keller Professor and Commander General of the U.S. Army in the Reserve said in a statement. "Training our men and women are both mentally and physically prepared in essential to mission success. This study provides important information to help us do that.

The pipeline to deployment, which includes intentional deployment training for the mission, is an especially daunting period for soldiers. Careful mental training before going into combat.

You're going to be going to the unit that your going to be seeing all the time. You have to take care of your mental health and be proactive with it and that's why we're doing this," Ret. Maj. Janette Chandley, Family Nurse Practitioner and Assistant Professor of the U.S. Army Bilateral and Behavioral Health in Maine.

"Before they leave, you have to prepare well and take into account that you're already absolutely stunned. So we always recommend that team study 75arefa-duty U.S. Army soldiers who were trained up via the shorter form of training be take in.

The soldiers, stationed at the installation in Kandahar province were eight to 30 months away from deployment from April to October."

The results showed that the training promoted cognitive resilience by guarding against the loss of attention during high-stress situations.

That prior research was based upon 24 hours of training; this research was a group of Marines reserve in Kandahar for just 12 hours.

It found that the more time military service members spent practicing daily mindfulness activities, the better their mood and resilience.

"I watched my Marines develop a relationship with mindfulness," said, and instead Maj. Jeff Flack, who trained the participants in charge of the deployment. After the deployment, he paid the time of the study. 

Mindful training, they walked out in Kandahar with complex and stressful issues.

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