Meditation



Mind

SMART WAYS TO STAY SHARP, CALM AND POSITIVE

MIND OVER MEDS

For the one in four Australians living with an anxiety condition, management strategies typically include antidepressant medications, psychological interventions or a combination of both. Now, a study published in *JAMA Network Open* has found that mindfulness meditation may be just as effective as one of the leading antidepressant medications in controlling anxiety symptoms. Participants were either assigned to a mindfulness-based stress reduction program or treatment with escitalopram for eight weeks. At the end of the intervention, there was no significant difference in the groups' anxiety symptoms. Keen to give it a go? Try a meditation app such as Calm or Headspace, but consult with your doctor before changing any anti-depressant medication regimen.

WORDS: SABRINA ROGERS-ANDERSON. PHOTOGRAPHY: ISTOCK

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