

# Meditation Benefits Timeline

The below list covers meditation benefits across six timeframes:  
From immediate effects, to effects after three decades.

## Immediate

A pair of 2018 studies found that even 10-minute meditations improved performance, attention, and focus on the tasks in the experiment.

## 4 days

A 2010 study found significant improvement in cognitive skills among people who had undergone four days of meditation training for 20 minutes a day.

## 2 weeks

A 2013 study found that two weeks of mindfulness training improved GRE reading-comprehension scores and resulted in less distraction.

## 8 weeks

After eight weeks of daily meditation, you'll likely experience improved self-awareness, compassion, enhanced focus, lower stress, and lower anxiety.

## 2–6 months

A 2014 review of research showed improvements in anxiety and depression systems comparable with the improvements shown by antidepressant drugs.

## Long-term

After years of meditation, your brain will physically transform and you're likely to be happier, experience less cognitive decline, and experience less worry.

Sources: <https://mindfulnessbox.com/how-long-does-meditation-take-to-work/>