



# Cultivating Happiness through Mindfulness

Our brains naturally focus on problems and threats, but neuroscientists now know we can create new pathways for joy with patience and effort. Modern technology has shown that our daily actions impact the brain. For instance, studies reveal long-time meditators maintain cortical thickness better than non-meditators. A study on London cab drivers (before GPS) showed that their hippocampus, essential for spatial intelligence, was larger due to memorising complex routes.

Regular mindfulness and compassion practices also shift brain activity toward positive emotional states and improve overall biopsychosocial dimensions in health, work and life.

Like muscles, the brain can change through intentional activities. While results are not instant, with consistent “brain training,” we can break free from negative patterns and develop pathways for positivity, fulfilment, and joy.

Key practices to foster these pathways will be introduced during this lunchtime session.

## FACILITATORS



### A/Prof Mabel Yap

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**\*LIMITED SLOTS AVAILABLE!\***



17 January 2025  
Friday



University Cultural Centre  
Function Room 1, Level 1



1.00PM - 2.00PM

**Maximum capacity: 30 pax**

**No reservation is required.  
Entry is on First Come First Served basis.**