

# WELL-BEING

"You have no idea how good it would be for you." Yes, we changed the proverb, because it's more than proven: mindfulness has several benefits for our health, including reducing stress and anxiety. Terrence The Teacher, the coach of the stars, teaches us how to start meditating.

## A MEDITATION – OR MORE – A DAY...

### Creating new connections

Reduction in stress and anxiety, faster information processing, improved cognitive function, and greater life satisfaction [see the box "The Benefits" for more] are some of the scientifically proven advantages of mindfulness. "Mindfulness meditation directly improves how the brain functions. It creates a completely new relationship with our thoughts and daily experiences. Life might not necessarily change, but the way we perceive it does. We become less reactive and more responsive, which is a healthier way to deal with everyday situations," explains Terrence The Teacher.

People come to him mainly to address stress, anxiety, insecurity, fears, and — interestingly — since the pandemic, the average age of his clients has dropped. "Before quarantine, most of my clients were aged 40 to 60. Afterwards, most were between 12 and 30. The problems are similar, although younger people struggle more with handling emotions," he says. "What I do is rebuild confidence and provide tools to deal with what scares them. The first step is validating emotions. It's okay to feel sad, but then I show them ways to manage those emotions — and mindfulness is key for that," he explains.

### Dealing with emotions

Where does this difficulty in managing emotions come from? "I believe it's part of our evolutionary experience. As Homo sapiens, we evolved from being mostly physical to physical, mental, and now emotional beings. When we became the most successful species, we asked, 'How can we become even more successful?' We focused on the mind — created the wheel, built cities, educated ourselves. Education became everything. Today, we're entering the emotional era, and young people are exploring that space." This shift accelerated during the pandemic, he says, "because we had more time to think and were forced to confront our emotions. Now, we must embrace all three aspects to be balanced human beings."

### Meditation vs. mindfulness

Are mindfulness and meditation the same thing? Terrence says no: "Exercise is to fitness what meditation is to mindfulness. To be physically fit, you need to exercise. To be mentally aware, you need to meditate. You can't separate the two." He assures that everyone can practice mindfulness. "It's a natural process within us, but we're so distracted we've forgotten how to access it."

Mindfulness, he says, is intrinsic to being human, but we've disconnected so much we need to relearn it. He compares it to the gym: "Just like we exercise the body, we need to train the mind."

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## The Benefits of Mindfulness (per Terrence The Teacher):

- Reduces stress, anxiety, blood pressure, overwhelm, reactivity, and sick days.
  - Improves immune function, mental clarity, memory, awareness, information processing, compassion, and job satisfaction.
  - Enhances mental health, cognitive function, productivity, reaction time, decision-making, and relationship satisfaction.
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## How Terrence discovered mindfulness:

Terrence, once a personal trainer, Pilates teacher, and clinical hypnotherapist, forgot to care for himself. In 2014, he suffered two cardiac arrests — one lasted 20 minutes, the other 10. "It was a shock. When I got sent home, I realized my life had changed. A friend recommended mindfulness meditation." Initially skeptical, he researched the science and got certified. "It made me stronger, physically and mentally. It wasn't the medication — mindfulness saved me and made me who I am today."

This led to **The Brain Edit™** program — a combination of all his knowledge to help others make positive change through conscious and subconscious mental patterns. Terrence has won several wellness and mental health awards and works with celebrities like Christian Louboutin. The program comes in various formats: intensive (10 sessions), condensed (5), specific (3), or a 21-day version for habit change.

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## Next Retreat

From **November 23–26**, Terrence will lead the third edition of **The Brain Edit** retreat at Hotel Vermelho, in Melides, Portugal. It invites participants to discover themselves through mindfulness. There are four group sessions covering:

- What is mindfulness
- Its scientific basis
- How the mind works
- Meditation and breathing techniques
- Habit change strategies

Each day starts with yoga and ends with guided meditations. Participants also get an individual session with Terrence.

**Price:** From €2523 (includes lodging, meals, retreat).

**More info:** [vermelhohotel.com](http://vermelhohotel.com)

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**Breathe!**

## Breathing techniques by Terrence The Teacher:

- **4-4-4:** Inhale for 4 seconds, hold for 4, exhale for 4. Helps with emotional balance.
  - **7-11:** Inhale for 7 seconds, exhale for 11. Calming or helps induce sleep.
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## Mindfulness at Work

Terrence also works with companies. A UK mindfulness project showed that employees who meditated became more productive, engaged, and creative, with lower sick leave. "Companies now know mental health matters — they just don't always know how to implement it."

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## Meditation Advice

For those who say they can't meditate, Terrence insists: "If you can breathe, you can meditate. Start small — even one minute — and build consistency. Fit it into your daily life: seated, lying down, walking... no strict rules."

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## Wandering Mind

Meditation isn't about silencing the mind. "We spend 95% of our time in the subconscious. During meditation, it drops to 80%. The Dalai Lama is at 50/50," Terrence notes. The goal is a relaxed relationship with thoughts. Eventually, peaceful gaps appear, bringing calm. Mindfulness sharpens stable attention — the ability to direct and maintain focus.

**As Jon Kabat-Zinn says,** "Mindfulness is knowing what you're doing while you're doing it." It increases awareness of thoughts, emotions, and sensations without judgment. "It's a deeply personal journey — that's why I do individual sessions, even in retreats."

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## A Changing Brain

Scientific studies show that after **8 weeks** of daily **20-minute** mindfulness practice, brain scans reveal:

- Increased activity in the **cerebral cortex** (planning, creativity, decisions)
  - Thickening of the **hippocampus** (memory, learning)
  - Growth of the **insula** (rest, compassion, belonging)
  - Shrinking of the **amygdala** (fear, fight-or-flight response)
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## Terrence's 3 Steps to Meditate:

1. **Disconnect from stimuli.**

Find a quiet, safe space. Close your eyes and sit comfortably.

2. **Focus on one thing.**

Start with your breath. Notice your inhale and exhale.

3. **Repeat.**

Repeat daily. Start small — even one minute. It will become a habit.

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## **A Medical Prescription?**

Some doctors now prescribe mindfulness, but more should. "In a perfect world, people could choose between medication or meditation. Unfortunately, the pharmaceutical industry is powerful. I'm not saying meds don't save lives — they do — but there are alternatives like mindfulness in some cases."

Should schools teach mindfulness? "Children are naturally mindful. They can sit and focus for hours. It's adults who've forgotten how. Parents need to remove distractions — especially screens — to preserve this innate skill."

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