

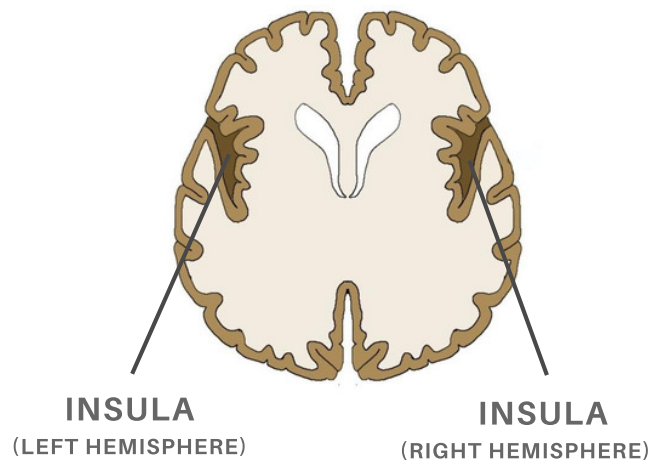
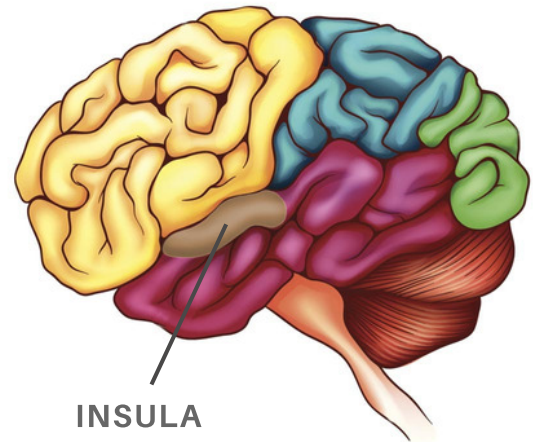


MEET YOUR INSULA

The Insula is located deep within the folds of the Cerebral Cortex (the wrinkly, outermost layer that surrounds the brain).

The Insula plays a role in a variety of functions including:

- Interoception (feeling and understanding sensations in the body)
- Body movement
- Self-recognition
- Vocalization and music
- Emotional awareness
- Risk, uncertainty, anticipation
- Visual and auditory awareness of movement
- Time perception
- Attention
- Perceptual decision making
- Cognitive control and performance monitoring



Studies show that meditators have increased thickness of the cerebral cortex in the insula, which leads to greater attunement to ongoing physical and emotional states. Practices like the body scan meditation can enhance interoception and your understanding of sensations in the body. This allows you to better self-regulate, understand your needs and meet them appropriately, and be more aware of stress and emotional buildup in the body.