**Introduction**

The purpose of this experiment was to learn whether mindfulness meditation would affect how calm and relaxed I felt in a day. I hypothesized that even 15 minutes of meditation would make me feel more calm and relaxed.

**Methods**

Within a span of one week, I engaged in mindfulness meditation on three distinct days, dedicating a minimum of 15 minutes each time. I made sure to try and keep the variables surrounding the meditation the same by meditating around the same time in the same conditions. I diligently noted my mood levels every night before going to sleep on a scale ranging from 1 to 7 in a notebook. These evaluations were then uploaded via a google form on the last day. This allowed me to determine how calm and relaxed I felt on the days following the meditation (n=3) and on the days without any (n=3).

**Results**

On days I didn't meditate how relaxed I felt had a mean of 3.67 and standard deviation of 0.577, as compared to on the days I did the score was at 5.33 and the standard deviation was 0.577.

**Discussion**

The results from my experiment seem to indicate a noticeable improvement in how relaxed and calm I felt on the days when I engaged in mindful meditation. This supports my initial hypothesis that even a brief duration of meditation, in this case, 15 minutes, can positively influence how calm I feel. The increment from a productivity feeling of 3.67 to 5.33, although not drastic, is still significant enough to warrant the potential benefits of consistent medidation.

However, it's important to consider several confounding variables that may have influenced these outcomes. For instance, the quality and duration of my sleep and whether I had midterms or had already finished them on particular days might have impacted how calm I felt.

In conclusion, while there seems to be a positive correlation between meditation and feelings of calmness based on my results, it's evident that numerous variables can influence this relationship. Moving forward, it is imperative to extend the study period and consider the effects of different confounding variables. Additionally, personally, these results inspire a commitment to continue meditating as a means to feel more relaxed.