Consciousness

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**Introduction**

*Consciousness* can easily be defined as awareness of our surroundings and ourselves. It consists of different stages that are further explained. These stages are recognized as alertness, daydreaming, and sleeping. Each stage can be externally be influenced by drugs or internally be influenced by our mental efforts. The discussion of this essay would state the different states of consciousness which I experienced during the past 24 hours and how it affected my brain and bodily activity (Sedlmeier, 2018).

**Discussion**

**Identification**

During the first nine hours since morning, I was in the state of alertness. My body was aware of who I am, where I am, and what is going on in my surroundings. My body was able to walk, and my brain was able to store information. Moreover, during this period, I was also communicating and engaging with people frequently. However, after a past afternoon when I was in the state of daydreaming, my body was awake, but my brain was not aware of where I was. My mind could slightly comprehend my surroundings, but my body was in the state of stimulus. I was having this experience during my job when I was feeling relaxed. Finally, after returning home, I went into the state of sleep which is more like a state of unconsciousness when I became unaware of myself and the world around me. My body and mind were completely shut down (Kringelbach, & Berridge, 2017). Meaning, I was unable to move my body or use my mind during this state of consciousness.

**Conclusion**

The aforementioned analysis of my body and mind during the three states of consciousness helped define the stages of consciousness and how it impacts our mind and body. With the help of some research and academic resources, I was able to understand and apprehend these stages and experience them in my life.

**References**

Kringelbach, M. L., & Berridge, K. C. (2017). The affective core of emotion: linking pleasure, subjective well-being, and optimal metastability in the brain. *Emotion Review*, *9*(3), 191-199.

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