M.O.R.E
Mind OveR Epilepsy

THE M.O.R.E. CONNECTION

A quarterly newsletter from Mind OveR Epilepsy | Issue 01 | Fall 2026

Welcome to the M.O.R.E. community

I want to personally welcome you to my passion project - Mind OveR Epilepsy - almost a decade in the making.

My journey began in 2017, when I became what I like to call a “skeptic meditator” during a period of stress. Little did I know that meditation would not only be personally transformative; the benefits I experienced would launch me onto a whole new path in my career, fueled by a passion to share the benefits of mindfulness and meditation with my patients.

Learning about the neuroscience of meditation - and how it changes not just our brains, but our entire physiology - led to an expanding interest in other complementary strategies that could improve the lives of people with epilepsy.

Fast forward, and I have added an accredited fellowship in Integrative Medicine, a Master’s degree in Ayurvedic medicine, and certification as a meditation instructor to my longstanding credentials as a board-certified neurologist and epileptologist. And now, my proudest accomplishment: founder of Mind OveR Epilepsy.

A note from our founder

Janel Schneider, MD
Founder, Mind OveR Epilepsy

Mind OveR Epilepsy grew from a simple question: What more can we do to help people with epilepsy live well?

This newsletter will be one way we share ideas, resources, research, events, and practical tools with our growing community.

Our mission

To broaden the conversation around epilepsy care and empower individuals living with epilepsy through accessible mindfulness resources and information about evidence-based integrative treatment strategies.

MIND • BODY • CONNECTION

Epilepsy is M.O.R.E. than seizures

Why a broader approach matters

> **“Epilepsy truly is MORE than seizures and MORE than a brain disorder.”**

More than half of people with epilepsy struggle with more than seizures. Mood disturbances, cognitive difficulties, sleep problems, and other co-occurring conditions can have a profound effect on daily life.

While epilepsy is traditionally defined as a brain disorder, scientific research increasingly points to broader physiologic relationships involving inflammation, immune regulation, and the gut microbiome. These interconnected systems may influence both the lived experience of epilepsy and its associated comorbidities.

How M.O.R.E. thinks about epilepsy

“A multi-system disorder resulting in a predisposition for recurrent unprovoked seizures and a number of related or reciprocal comorbidities (co-occurring medical conditions).”

The possibility of neuroplasticity

Neuroplasticity is the ability of our nervous system to adapt in favorable ways in response to external influences, experience, and practice. Scientific studies have demonstrated that mind-body practices and lifestyle changes can influence the nervous system in ways that may benefit people with epilepsy - with potential effects that reach beyond seizures alone.

MIND	BODY	CONNECTION
Mindfulness, meditation, breathwork, and other practices that support nervous-system regulation.	Sleep, movement, nutrition, stress physiology, and other whole-person contributors to well-being.	Resources and community for people with epilepsy - and for the families who support them.

Help us shape what comes next

As M.O.R.E. launches, we want to understand what would be most useful to you. I have lots of ideas - and I'm sure you do too.

Take our questionnaire

Please share what resources, topics, and support would be most interesting and beneficial to you. Your input will help guide what we build next.

Visit mindoverepilepsy.org

Families are part of this too

Epilepsy affects more than the person with the diagnosis - it affects the whole family. We welcome ideas and input from family members and caregivers as we grow.

Practice of the quarter

A few minutes of mindfulness

Each issue of The M.O.R.E. Connection will include a simple practice you can return to between newsletters. For our first issue, scan the QR code to access a guided practice created by Dr. Schneider.

Use it as an invitation to pause, notice, and reconnect - no special equipment or prior meditation experience required.

What you can expect from M.O.R.E.

Quarterly newsletters, practical mindfulness resources, educational content on integrative approaches to epilepsy, opportunities to participate and provide feedback, and events that bring the community together.

Coming up at M.O.R.E.

There is already a lot ahead. Save these dates and watch mindoverepilepsy.org for updates.

Calm Mind, Calm Gut

February 27, 2027 | Honey Creek Collective · East Troy, Wisconsin

Our inaugural M.O.R.E. event will bring together education and experience, with mindfulness and other practices designed to support people living with epilepsy. In-person attendance is limited to 80 participants, and a virtual attendance option will also be available. Registration opens November 1, 2026.

Epilepsy Awareness Day at Disneyland

November 16–18, 2026 | Disneyland Resort · Anaheim, California

Watch for Dr. Schneider at this year's event, where she will be speaking and hopes to lead a guided meditation or two.

American Epilepsy Society Annual Meeting

December 4–8, 2026 | Denver, Colorado

M.O.R.E. will have a booth at the annual meeting of the American Epilepsy Society. If you are attending, please stop by and say hello.

Stay connected

Thank you for being part of the beginning of Mind OveR Epilepsy. Please share The M.O.R.E. Connection with someone who may find it useful, visit the website for updates, and help us continue building a community that sees - and supports - the whole person living with epilepsy.

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