

mindful.ga

Description

Mindfulness is the psychological process of bringing one's attention to experiences occurring in the present moment,^{[1][2][3]} which one can develop through the practice of [meditation](#) and through other training.^{[2][4][5]} Mindfulness is derived from [sati](#), a significant element of [Buddhist](#) traditions,^{[6][7]} and based on [Zen](#), [Vipassan?](#), and Tibetan meditation techniques.^{[8][9]¹} Individuals who have contributed to the popularity of mindfulness in the modern Western context include [Thích Nh?t H?nh](#) (1926–), [Herbert Benson](#) (1935–), [Jon Kabat-Zinn](#) (1944–), and [Richard J. Davidson](#) (1951–).^{[15][16][17]}

[Clinical psychology](#) and [psychiatry](#) since the 1970s have developed a number of therapeutic applications based on mindfulness for helping people experiencing a variety of psychological conditions.^[17] Mindfulness practice has been employed to reduce symptoms of [depression](#),^{[18][19][20]} to reduce [stress](#),^{[19][21][22]} [anxiety](#),^{[18][19][22]} and in the treatment of [drug addiction](#).^{[23][24][25]} Programs based on Kabat-Zinn's and similar models have been adopted in schools, prisons, hospitals, veterans' centers, and other environments, and mindfulness programs have been applied for additional outcomes such as for healthy aging, [weight management](#), athletic performance, helping children with special needs, and as an intervention during the perinatal period.

Clinical studies have documented both physical- and mental-health benefits of mindfulness in different patient categories as well as in healthy adults and children.^{[3][26][27]} Research studies have consistently shown a positive relationship between trait mindfulness and psychological health.^{[28][29]} The practice of mindfulness appears to provide therapeutic benefits to people with psychiatric disorders,^{[30][31][32]} including to those with [psychosis](#).^{[33][34][35]} Studies also indicate that [rumination](#) and worry contribute to the onset of a variety of mental disorders,^{[36][37][38]} and that mindfulness-based interventions significantly reduce both rumination and worry.^{[38][39][40]} Further, the practice of mindfulness may be a preventive strategy to halt the development of mental-health problems.^{[41][42]}

The necessity for more high-quality research in this field has also been identified – such as the need for more randomized controlled studies, for providing more methodological details in reported studies and for the use of larger sample sizes.^{[3][29]}

Category

1. External Domains

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