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mindful.ga

## Description

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

[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.<sup>[17]</sup> Mindfulness practice has been employed to reduce symptoms of [depression](#),<sup>[18][19][20]</sup> to reduce [stress](#),<sup>[19][21][22]</sup> [anxiety](#),<sup>[18][19][22]</sup> and in the treatment of [drug addiction](#).<sup>[23][24][25]</sup> 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.<sup>[3][26][27]</sup> Research studies have consistently shown a positive relationship between trait mindfulness and psychological health.<sup>[28][29]</sup> The practice of mindfulness appears to provide therapeutic benefits to people with psychiatric disorders,<sup>[30][31][32]</sup> including to those with [psychosis](#).<sup>[33][34][35]</sup> Studies also indicate that [rumination](#) and worry contribute to the onset of a variety of mental disorders,<sup>[36][37][38]</sup> and that mindfulness-based interventions significantly reduce both rumination and worry.<sup>[38][39][40]</sup> Further, the practice of mindfulness may be a preventive strategy to halt the development of mental-health problems.<sup>[41][42]</sup>

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.<sup>[3][29]</sup>

## Category

1. External Domains

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