

# The Power of Mindfulness, Applications, and Benefits of Mindfulness

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**Abstract**— This study paper focuses on the all concepts of mindfulness. The meaning of mindfulness, understanding mindfulness, the purpose of mindfulness, applications of mindfulness, and mindfulness and positive psychology are all described. This article illustrates mindfulness therapy (Acceptance and commitment therapy, mindfulness-based cognitive therapy, and dialectical behavior therapy), Mindfulness and well-being, mindfulness exercises, Mindfulness meditation, and mindfulness techniques. The research paper looks into the Benefits for psychotherapists who practice mindfulness meditation and the benefits of mindfulness.

**Keywords**— Acceptance, Awareness, Mindfulness, Acceptance and commitment therapy, mindfulness-based cognitive therapy, dialectical behavior therapy.

## I. INTRODUCTION

Active, unrestricted attention to the present is the state of mindfulness. Observing one's thoughts and feelings without passing judgment on them is how this state is defined. There are two fundamental elements of mindfulness: awareness and acceptance. The ability to concentrate attention on one's inner processes and sensations, such as the experience of the present moment, is known as awareness. Acceptance is the ability to observe and accept those streams of thinking rather than condemning or ignoring them. We can cultivate mindfulness by maintaining a gentle, compassionate perspective on our thoughts, feelings, physical sensations, and the environment around us. Being attentive involves paying attention to our thoughts and feelings without putting judgment on them, which is a kind of acceptance. For instance, we avoid believing that there is ever a "correct" or "wrong" way to feel or think. By engaging in mindfulness practices, we can train our minds to focus on the here and now rather than the past or the future.

The secular practice of mindfulness, which incorporates Buddhist meditation at its core, has recently gained popularity in America, in part because of the work of Jon Kabat-Zinn and the Mindfulness-Based Stress Reduction (MBSR) program he founded at the University of Massachusetts Medical School in 1979. Since then, countless programs have adapted the MBSR model for use in schools, jails, hospitals, veterans facilities, and other settings due to the thousands of studies that have revealed the positive effects of mindfulness in general and MBSR in particular on one's physical and mental health.

### *Objectives of the study*

1. To study the meaning of mindfulness, understanding mindfulness, the purpose of mindfulness, applications of mindfulness, and mindfulness and positive psychology.
2. To study mindfulness therapy (Acceptance and commitment therapy, mindfulness-based cognitive therapy, and dialectical behaviour therapy), Mindfulness, and well-being.

3. To provide Benefits for psychotherapists who practice mindfulness meditation and the benefits of mindfulness.

### *Meaning of mindfulness*

Its definition is consistent with its goal, which is to let us see more clearly, respond to life's challenges more effectively, and ultimately make smarter decisions (Shapiro, 2020). When employed as a word, mindfulness often conjures up an emotional state that can have a significant impact on us: one of serenity, gratitude, and compassion. When employed as a verb, "to be mindful," for instance, denotes achieving that condition, cultivating a way of being, and maintaining a moment-by-moment gentle and nurturing awareness of our emotions, thoughts, and body sensations. Furthermore, studies confirm anecdotal evidence that developing a mindful brain might result in a happier and more fruitful existence. (Shapiro, 2020; Williams & Penman, 2016).

Although mindfulness has its roots in traditional Chinese medicine, it has recently been increasingly incorporated into contemporary western therapy for a variety of psychological and physical disorders (Tang, 2018). After all, according to Yi-Yuan Tang, a professor of psychological science and internal medicine at Texas Tech University, "mindfulness training can improve mental activity and affect brain connectivity and body processes" (Tang, 2018, p. viii). The central and autonomic nervous systems are crucial for controlling involuntary bodily functions, processing stress and danger, and maintaining the connection between our brain and our internal organs. In fact, its effects are so rapid that even just five sessions of practice can result in improvements in both of these systems (Tang, 2018).

### *Understanding Mindfulness*

Living thoughtfully means being present at the moment and reawakening to the now, as opposed to ruminating on the past or planning for the future. Being attentive means objectively observing and labeling one's thoughts, feelings, and bodily experiences. Mindfulness can be a helpful approach because it allows one to identify difficult emotions

and handle them without engaging in self-judgment or criticism. Mindfulness is based on Buddhist and Hindu traditions. The concept of "sati," which includes paying attention, mindfulness, and being present, is viewed as the starting point on Buddhism's journey to enlightenment. The ancient language Pali was roughly translated into the phrase "mindfulness."

Jon Kabat-Zinn is responsible for the development of mindfulness in Western culture. Under the guidance of various Buddhist masters, including Philip Kapleau and Thich Nhat Hanh, Kabat-Zinn learned mindfulness. In order to alleviate chronic pain, Kabat-Zinn created a program called Mindfulness-Based Stress Reduction (MBSR) while serving as a professor at the University of Massachusetts Medical School in the late 1970s. He found that patients would frequently strive to escape discomfort, but that doing so would just cause them greater misery. The method that was more successful was mindfulness training. It was included in Mindfulness-Based Cognitive Therapy, Dialectical Behavior Therapy, and Acceptance and Commitment Therapy, among other therapeutic approaches, as mindfulness gained acceptance in mainstream science and medicine.

#### The purpose of mindfulness

In order to achieve more peace in one's relationships and mental state, mindfulness aims to help one gain a perspective on their consciousness and identity. Furthermore, mindfulness can be used in mindfulness-based therapies to ease pain, tension, and other negative emotions as well as for general relaxation. In meditation and some forms of therapy, mindfulness is commonly employed. Its advantages include reduced stress levels, detrimental rumination, and anxiety and depression prevention. According to research, mindfulness may even improve a person's ability to handle rejection and social isolation. Figure 1 shows the purpose of mindfulness.

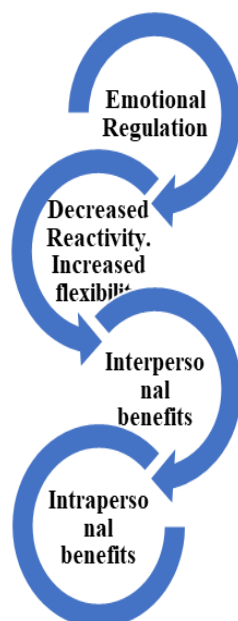


Figure-1

#### Applications of mindfulness

According to research, even brief mindfulness practices improve memory function right away (Lloyd et al., 2016). Beyond the cognitive advantages, students who practiced simple breathing meditation had lower blood pressure and pulse rates, which made them more able to learn and be tested (Tang, 2018).

#### Mindfulness in education

Speaking and listening mindfully requires that our words represent our ideals and a deeper connection to who we are. This can have a positive impact on education by enhancing concentration, focus, and decision-making. Additionally, it has been discovered that mindfulness fosters a helpful and fulfilling learning environment and experience by lowering stereotyping and cross-cultural misconceptions. The adoption of mindfulness in educational settings promotes reason, instinct, and creativity. Those who struggled the most with attention, planning, and organization were observed to benefit the most when age-appropriate mindfulness activities and games were implemented in classrooms.

#### Mindfulness at work

The benefits of mindfulness training may be greatest in workplace settings, which are a growing source of stress and anxiety. After all, maintaining a non-judgmental, compassionate awareness of the present can increase the good feelings, focus, attention, and inventiveness that are all essential to performing well at work (Baas, Nevicka, & Velden, 2020; Seligman, 2011). Aetna, Facebook, Google, Proctor & Gamble, and General Mills are just a handful of the Fortune 500 companies that have established substantial mindfulness programs in recent years (Shapiro, 2020, p. 155). These treatments have been quite successful for these firms, leading to less stress, better decision-making, increased company loyalty, improved innovation, and increased productivity. In fact, a more positive outlook, which includes the qualities of kindness, compassion, and curiosity that are at the heart of mindfulness, can foster a psychologically safe workplace that is better for collaboration, success, and creativity (Shapiro, 2020).

#### Aging and mindfulness

A wide body of research suggests that as we age and regard the future as limited, we start to emphasize emotion-related goals, such as experiencing happiness at the moment and finding emotional meaning in life, because these are goals that can be accomplished in the present instant. Why older persons report and experience better emotional well-being and emotion management than younger adults have been attributed to this increased prioritizing of emotion-related goals. For instance, a 13-year study discovered that emotional stability and well-being increased with age. In another study, older persons who used stronger emotion management techniques than younger adults experienced less negative affect during a challenging social circumstance. According to other research, they are better than middle-aged couples in resolving marital disagreements and show more tenderness and less negative emotion in the process.

Another area in which older persons might use their emotion management abilities is a mindfulness practice. The bad news is that as we become older, some cognitive

capacities tend to deteriorate. Beginning in our 40s and 50s, we may begin to notice minor differences in how effectively we retain short-term knowledge, such as remembering why you entered a room, and how difficult it is to put an end to distractions (such as tuning out other people's discussions when reading at a café). To develop the focused attention component of mindfulness, working memory and attentional control are prerequisites. We have to work harder as we get older to keep our attention focused. However, it seems like the extra work is worthwhile. According to research, middle-aged and older persons can benefit cognitively from both long-term and short-term mindfulness practice.

*Mindfulness has cognitive benefits for elderly adults and middle-aged people.*

Studies that compared middle-aged and older persons who have been practicing mindfulness for a long time (10+ years) to similarly aged non-meditators discovered that the skilled meditators outperformed the similarly aged non-meditators on tests of attention, processing speed, and working memory. Another study used cognitive tests, an MRI scan of the brain, and middle-aged expert meditators and age-matched non-meditators. The scientists discovered that skilled meditators had stronger brain networks than non-meditators in addition to doing better on tests of executive function. As a result, sustained mindfulness practice may help people age with greater cognitive performance and brain health.

*Mindfulness and positive psychology*

Positive psychology, which encourages a focus on positive emotions like appreciation and compassion, may also be fully supported and facilitated by mindfulness. A person's experience of their emotions can be increased by practicing mindfulness and meditation, which can support moving away from the tendency to concentrate on negative emotions and toward more positive ones (Lomas, Hefferon, & Ivztan, 2014). Similar to positive psychology, mindfulness promotes acceptance and awareness that even the most painful emotions are fleeting and that their distressing effects typically wane or change over time. It also acknowledges that emotions are frequently influenced by, and affected by, bodily sensations (Lomas et al., 2014).

Growing data suggest that practicing mindfulness leads to changes in both states and traits (Tang, 2018, p. 30). In the short term, mindfulness meditation seems to alter the brain's health, connection, and pattern of activity. However, with longer periods of participation, such strategies may potentially alter our propensity for mindfulness and cause minor personality changes in us. There is a lot of opportunity to support clients in managing challenging situations, feelings, and mental habits. Indeed, therapeutic programs that integrate the principles and objectives of positive psychology with mindfulness have been successfully developed. One, in particular, developed by Itai Ivztan and colleagues, focused on ways to create more meaningful lives by fusing concepts from the "best potential self" intervention with mindfulness meditation practise (Ivztan, Lomas, Hefferon, & Worth, 2016).

*Mindfulness therapy*

*1. Acceptance and commitment therapy*

With great success, acceptance and commitment therapy (ACT) treats anxiety and conditions associated with it by including mindfulness practices. By practicing mindfulness, the client is encouraged to accept negative or poisonous emotions with more compassion rather than fighting them. You can get unstuck and make progress by taking a "mindful acceptance is an active, fully conscious, softer position toward your mind and body and your life experiences" attitude (Forsyth & Eifert, 2016, p. 165).

*2. Mindfulness-based cognitive therapy*

Another third-wave cognitive behavioral therapy is mindfulness-based cognitive therapy (MBCT). It blends techniques from mindfulness meditation with already-in-use therapeutic modalities to promote both acceptance and compassion for one's own interior experiences. The MBCT method acknowledges that challenging emotions are inextricably linked to particular circumstances and events and that mindfulness can enable new perspectives on them. With clients who are depressed, MBCT has shown particularly successful at assisting them in bringing awareness to their body sensations, emotions, and ideas "and to respond adaptively to the early warning signs of relapse" (Crane, 2009, p. 3).

*3. Dialectical behavior therapy*

Dialectical Behavior Therapy (DBT) integrates cognitive, behavioural, and mindfulness-based techniques to help individuals with borderline personality disorder who are suicidal and self-harming. Instead of rejecting or denying reality, people are urged to recognize it for what it is, accept it, and focus on the here and now without passing judgment. In order to alleviate feelings of misery and overwhelm, mindfulness approaches emphasize paying attention with intention and without judgment — balancing feeling with logic (Dobson & Dozois, 2021). Instead of rejecting or denying reality, people are urged to recognize it for what it is, accept it, and focus on the here and now without passing judgment. In order to alleviate feelings of misery and overwhelm, mindfulness approaches emphasize paying attention with intention and without judgment — balancing feeling with logic (Dobson & Dozois, 2021). Figure 2 represents the mindfulness therapy.

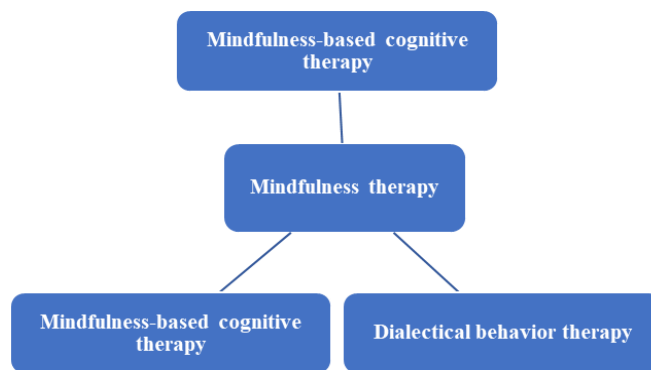


Figure-2

*Mindfulness and well-being*

- ❖ *Being mindful helps with well-being.* Increasing awareness promotes a range of attitudes that result in a happy life. Being mindful enables you to fully participate in activities, savour life's pleasures as they arise, and strengthen your ability to deal with challenging circumstances. Many people who engage in mindfulness practices find that by focusing on the here and now, they are less likely to be consumed by concerns about the future or regrets about the past, are less preoccupied with concerns about success and self-esteem, and are better able to form meaningful relationships with others.
- ❖ *Physical health* is improved by mindfulness. If greater well-being isn't enough of a reason to practice mindfulness, scientists have discovered that it has a number of beneficial consequences on physical health. Numerous health advantages of mindfulness exist, including its potential to treat heart disease, reduce blood pressure, minimize chronic pain, enhance sleep, and ease digestive problems.
- ❖ *Mental health* is improved through mindfulness. Psychotherapists are increasingly using mindfulness meditation as a key therapeutic strategy for a range of conditions, including depression, substance abuse, eating disorders, marital troubles, anxiety disorders, and obsessive-compulsive disorder.
- ❖ *Increases working memory.* A study suggests that mindfulness may also aid working memory. For instance, looked at the impact of mindfulness meditation on three different groups of military personnel: those who participated in an eight-week mindfulness course, those who did not, and a group of nonmeditating civilians. Both military units were having an extremely difficult time before deployment. In contrast to the nonmeditating civilian group, it was discovered that the nonmeditating military group's working memory capacity had declined over time. However, the military group's working memory capacity increased as a result of consistent meditation practice. Additionally, self-reported happy effect and self-reported negative affect were inversely and directly correlated with meditation practice.
- ❖ *Focus:* Another study looked at how participants' capacity to concentrate and block out distractions was impacted by mindfulness meditation. The authors of the study compared a group of seasoned mindfulness meditation practitioners to a control group that had never meditated before. They found that the meditation group reported higher levels of awareness and performed considerably better on all attentional tasks. The use of mindfulness meditation and self-reported mindfulness were directly associated with cognitive flexibility and attentional performance (Moore and Malinowski, 2009).
- ❖ *Less sensitivity to emotion.* Research has also shown that mindfulness meditation reduces emotional reactivity. In contrast to participants who saw the images but did not meditate, researchers discovered that mindfulness meditation practice helped people disengage from emotionally painful imagery and improved their ability to concentrate on the cognitive activity. One month to 29

years of experience was represented among the study's participants (Ortner et al., 2007).

- ❖ *The mind's capacity for flexibility.* According to another study, practicing mindfulness can help people become more flexible while also lowering their reactivity. According to one study, those who practice mindfulness meditation seem to master the skill of self-observation, which disables the automatic neural connections made by prior learning and allows present-moment input to be incorporated in a novel way (Siegel, 2007a). Additionally, meditation stimulates the part of the brain that is linked to more adaptable reactions to difficult or bad circumstances (Cahn & Polich, 2006; Davidson et al., 2003). After being negatively triggered, a faster return to baseline is associated with the activation of this region (Davidson, 2000; Davidson, Jackson, & Kalin, 2000).
- ❖ *Satisfaction in a relationship.* According to a number of studies, a person's capacity for mindfulness can help predict relationship satisfaction by influencing one's capacity to handle relationship stress well and one's ability to effectively communicate one's feelings to a partner. According to empirical data, mindfulness buffers individuals from the emotionally taxing effects of relationship conflict (Barnes et al., 2007), is positively correlated with one's capacity for social expression in a variety of contexts (Dekeyser et al., 2008), and predicts relationship satisfaction (Barnes et al., 2007; Wachs & Cordova, 2007).
- ❖ *Other advantages.* It has been shown that mindfulness enhances self-awareness, morality, intuition, and fear regulation—all mental functions associated with the brain's middle prefrontal lobe. Additionally, research indicates that mindfulness meditation has many health advantages, such as improved immune function (Davidson et al., 2003; see Grossman, Niemann, Schmidt, & Walach, 2004 for a review of physical health advantages), increased well-being (Carmody & Baer, 2008), and a decrease in psychological distress (Coffey & Hartman, 2008; Ostafin et al., 2006). Additionally, according to Moore and Malinowski (2009), practicing mindfulness meditation appears to speed up information processing and reduce task effort and unproductive thinking (Lutz et al., 2009). Figure 3 shows mindfulness and well-being.

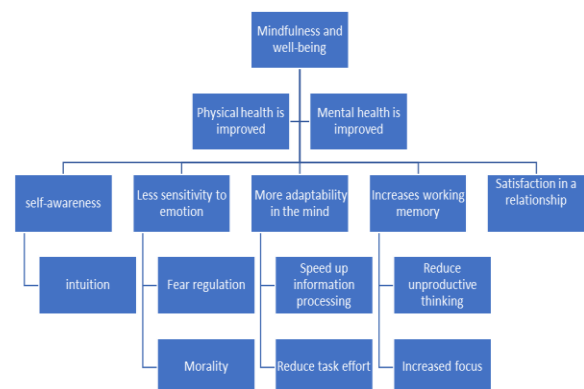


Figure-3



### Findings

There was some controversy in the meditation community following a recent meta-analysis that was printed in JAMA Internal Medicine. A total of 3,515 people participated in the 47 randomized controlled trials of mindfulness meditation programs that were the subject of this meta-analysis. They discovered that the only significant effects of meditation programs on anxiety, depression, and pain were minor to moderate. These effects, according to the authors, are "similar to what would be expected from the use of an antidepressant in a primary care population but without the accompanying toxicities," despite the fact that they are minor. Surprisingly, there was little evidence in this review of stress, anxiety, and quality of life improvements. Low, insufficient, or no evidence was also found for the impact of meditation programs on good mood and feelings, attention, substance usage, eating patterns, sleep, and weight. The authors claim that there is no evidence that active treatments, such as exercise, counseling, or using prescription drugs, are any more effective than meditation programs for any outcomes of interest. However, it didn't appear that meditation was hazardous.

The advantages of meditation and mindfulness practice. Several significant obstacles to studying contemplative practices influence the caliber of research being done, however, they may be more modest than first thought. The two main issues are inadequate funding (which affects participant numbers, research length, and design), and inadequate measurement instruments (which have been limited primarily to questionnaires of varying quality). While contemplative practices are actually the subject of private and federal research funds, these awards are often significantly less than those given to more conventional research (e.g., cognitive behavioral therapy or pharmacology trials). How we pay attention is important (Shapiro, 2020, p. 9). The three crucial psychological components of mindfulness are as follows, according to Shapiro: Intention: How we utilize our hearts as a compass to guide and reflect our deepest aspirations and principles;

Developing and maintaining our present-moment awareness through attention; Having an attitude of compassion and inquiry means paying attention. According to psychology, mindfulness can enable us to "step outside the chattering negative self-talk" as well as our reactivity and emotions, which can help us break free from the cycle of negative thinking (Williams & Penman, 2016, p. 30).

### Mindfulness exercises

*Be mindful.* It could be difficult to take your time and pay attention to details in a fast-paced society. Utilize all of your senses, including touch, hearing, sight, smell, and taste, to carefully examine your surroundings. As an example, as you are eating your favorite cuisine, take the time to truly savor the scent, taste, and texture of it. abide by the present. Try to approach all you do with an attentive, discriminating and an open mind. Enjoy life's tiny pleasures.

*Take care of yourself.*

Consider yourself in the same way you would a good friend. Do not forget to breathe deeply. When you are having negative thoughts, try to sit down, take a big breath, and shut your eyes. Pay attention to your body's inhalations and exhalations. Sitting still and taking a deep breath can be useful for even one minute.

### Mindfulness meditation

You can increase awareness by employing the disciplined attention-focusing method of mindfulness meditation. You can learn meditation on your own by following the instructions in books or audiotapes. An instructor or group of students may be useful to answer your queries and keep you motivated. Seek a meditation practitioner whose goals and values are similar to your own. If you have a health condition, you might prefer a program that is medically focused and incorporates meditation. Ask your doctor or the hospital about local organizations. Meditation programs are increasingly being funded by insurance companies.

*body-scanning meditation* Legs extended, arms by your sides, palms up as you lay on your back. Slowly and methodically direct your attention on each area of your body in turn, from toe to head or head to toe. Recognize any feelings, ideas, or sensations connected to each region of your body. meditation while seated with your feet flat on the floor and your hands on your lap, take a comfortable seat. Focus on how your breath enters and exits your body while inhaling through your nose. If ideas or bodily sensations arise during your meditation, take note of the event and then turn your attention back to your breathing.

Some meditation techniques, such as repeating a word or focusing on the sensation of breathing while letting the steady stream of thoughts come and go, primarily need concentration. The well-known relaxation response, which may be induced by concentration meditation techniques as well as other exercises like tai chi or yoga, is particularly helpful in reducing the body's response to stress.

### Mindfulness Techniques

#### 1. Simple mindfulness practices

It teaches the fundamentals of mindfulness meditation. Cross your legs and sit on the floor or in a chair with a straight back. Focus on one aspect of your breathing at a time, such as how the air feels in and out of your mouth or how your belly rises and falls with each inhaled and expiration. You'll be able to narrow your attention as a result. Then, begin to broaden your attention. Become aware of your feelings, sounds, and thoughts. Accept and consider each thought or emotion without judging it as positive or negative. If your mind starts to stray, come back to your breathing. Then expand your perspective once more.

#### 2. Developing present-focused awareness

You may stay present and participate fully in your life by using a less regimented approach to practicing mindfulness. Any activity, such as eating, taking a shower, strolling, touching your partner, or playing with a child or grandchild, can be casually mindful. To assist, these issues can be resolved: Start by concentrating on your body's physical sensations. Inhale deeply through your nose, allowing the air

to settle in your lower belly. Allow your stomach to grow completely. Exhale now through your mouth.

3. *Observe how each inhale and exhalation feels.*

Any mindfulness technique aims to achieve a relaxed, focused state of attention by encouraging conscious awareness of one's thoughts and feelings without passing judgment on them. There are numerous ways to cultivate mindfulness. The mind may then easily refocus on the present because of this. Each practice of awareness is a form of meditation.

Place your attention on your natural breathing or a word or "mantra" that you repeat loudly while remaining still. This is the most fundamental kind of mindfulness practice. Without passing judgment, notice your thoughts as they come and go. Then, turn your focus back to your breathing or mantra.

*Bodily feelings:* Pay attention to and let go of any subtle body sensations like itching or tingling without passing judgment. Pay great attention to each part of your body in turn, head to toe.

*Emotions -* Do not judge your emotions; simply accept them as they are. You should get comfortable and steady naming your emotions, such as "pleasure," "anger," and "frustration." Allow your emotions to exist without criticizing them, and then let them go.

Utilize "urge surfing" to deal with urges for addictive substances or behaviors and let them pass. Pay attention to how your body is feeling as hunger starts to develop. Replace the hope that the craving will go away with the confidence that it will.

*Benefits for psychotherapists who practice mindfulness meditation*

1. *Empathy.* Numerous research indicates that practicing mindfulness fosters empathy. For instance, one study examined premedical and medical students who took part in an eight-week mindfulness-based stress management course. It was discovered that compared to a control group, the mindfulness group exhibited significantly higher self-reported empathy (Shapiro, Schwartz, & Bonner, 1998). A qualitative study of therapists who were seasoned meditators in 2006 discovered that they thought mindfulness meditation aided in cultivating empathy for clients (Aiken, 2006). In a similar vein, Wang (2007) discovered that experienced mindfulness meditators in the field of therapy outperformed non-meditators on tests of self-reported empathy.
2. *Compassion.* Healthcare workers and therapist trainees have been found to benefit from mindfulness-based stress reduction training in terms of increased self-compassion (Shapiro, Astin, Bishop, & Cordova, 2005). (Shapiro, Brown, & Biegel, 2007). Kingsbury looked at the relationship between self-compassion and mindfulness in 2009. Two facets of empathy—taking on others' views (also known as perspective taking) and reacting to others' affective experiences with discomfort—as well as two aspects of mindfulness—nonjudging and non-reacting—were all highly connected with one another. The connection between perspective-taking and mindfulness was completely mediated by self-compassion.

3. *Counseling expertise.* According to empirical data, adding mindfulness interventions in psychotherapy training may aid therapists in acquiring abilities that increase their effectiveness. In a four-year qualitative research, for instance, counseling students who took a 15-week course that included mindfulness meditation indicated that mindfulness practice helped them be more attentive to the therapeutic process, more attuned with themselves and clients, and more comfortable with quiet (Newsome, Christopher, Dahlen, & Christopher, 2006; Schure, Christopher, & Christopher, 2008). Similar mindfulness-based interventions have been shown to significantly boost self-awareness, professional identity insights, and overall wellness in counselors in training (Birnbaum, 2008). (Rybak & Russell-Chapin, 1998).
4. *Reduced anxiety and stress.* An eight-week mindfulness-based stress reduction training was found to reduce anxiety and depression symptoms in premedical and medical students compared to a waiting list control group (Shapiro et al., 1998). Similar improvements were seen in the control group following exposure to mindfulness-based stress reduction training. Similar to this, therapy students who underwent similar training reported less stress, ruminating, and unpleasant emotions (Shapiro et al., 2007). Additionally, mindfulness-based stress reduction training has been demonstrated to lessen total mood disturbance, including stress, anxiety, and exhaustion among medical students when compared to a control group (Rosenzweig, Reibel, Greeson, Brainard, & Hojat, 2003).
5. *Improved standard of living:* Nursing students who participated in mindfulness-based stress reduction training reported improved quality of life and a significant reduction in harmful psychological symptoms (Bruce, Young, Turner, Vander Wal, & Linden, 2002). Interpersonal mindfulness training appears to promote emotional intelligence and social connectedness while also lowering stress and anxiety, according to research on counselor trainees (Cohen & Miller, 2009).

*Discussions*

Similar results were found in a study of college students in China who were randomly allocated to take part in a mindfulness meditation intervention. These students showed decreased levels of melancholy and anxiety, as well as less exhaustion, rage, and cortisol that is connected to stress (Tang et al., 2007). The same students had improved focus, self-control, and immunoreactivity. Another study examined the effects of an eight-week meditation intervention that started 10 weeks after Hurricane Katrina on the symptoms of depression, anxiety, and post-traumatic stress disorder in New Orleans mental health practitioners. PTSD and anxiety symptoms considerably decreased following the intervention, despite the fact that changes in depression symptoms were not seen (Waelde et al., 2008). The results imply that meditation may play a protective function for mental health professionals following a tragedy.

*Additional advantages for therapists.* Only one study has looked into the connection between mindfulness and

counseling self-efficacy thus far. According to research by Greason and Cashwell (2009), among master's level interns and doctoral counseling students, self-reported mindfulness was a strong predictor of counseling self-efficacy. That study found that the association between mindfulness and self-efficacy was mediated by attention, suggesting that mindfulness may help people build good attentional processes that will help people become psychotherapists (Greason & Cashwell, 2009). Additional advantages of mindfulness may include improved body awareness, intentionality, patience, and thankfulness (Rothaupt & Morgan, 2007). Figure 4 illustrates the Mindfulness-based interventions.



Figure-4

## II. CONCLUSION

In contrast to an aversion or avoidance reaction, some experts claim that mindfulness encourages acceptance of one's experiences, even negative ones. Combining mindfulness meditation with psychotherapy, particularly cognitive behavioural therapy, is becoming more and more frequent. This development makes sense because gaining perspective on illogical, unhelpful, and self-defeating ideas is a common goal of both meditation and cognitive behavioural therapy. Review studies indicate that therapies based on mindfulness can lessen anxiety, despair, and pain. They can lessen stress and enhance the quality of life to a lesser level. It is challenging to determine whether mindfulness actually has additional benefits, though, due to differences in how it is defined and assessed.

Through awareness and acceptance, which mindfulness entails, people can better comprehend and manage unpleasant emotions, giving them more control and relief. Focus on breathing to take longer, deeper breaths as you work to develop these abilities. Encourage the development of sensory awareness. Practice curiosity and self-compassion as you pay attention to your thoughts and feelings. People can use mindfulness to help them break bad habits like smoking or overeating. A habit occurs when a trigger, such as hunger, induces a behaviour, such as eating, which results in a reward (satisfaction). Understanding the habit and the benefits it

brings about can assist change the incentive and substitute a healthier behaviour.

### Benefits of mindfulness

Many clinical trials have been conducted to examine meditation. The overwhelming body of research demonstrates that meditation is useful for a number of diseases, including:

- Reducing Stress, Anxiety, Pain, and Depression
- Insomnia
- Elevated blood pressure (hypertension)

According to a preliminary study, meditating can also benefit those who have fibromyalgia and asthma. You can experience your thoughts and emotions with more composure and acceptance if you practice meditation. Practicing meditation has been demonstrated to:

- Boost concentration
- Reduce workplace burnout
- Sleep better Diabetes management

Reduced rumination: Numerous studies have found that mindfulness reduces ruminating. For instance, in one study by Chambers et al. (2008), 20 novice meditators were asked to participate in a 10-day intensive mindfulness meditation retreat. The meditation group reported significantly higher levels of self-reported mindfulness and lower levels of negative emotion following the retreat in contrast to the control group. They also experienced fewer depressive symptoms and ruminative thoughts. Additionally, the meditators demonstrated much greater working memory capacity and had better attentional control throughout a performance test when compared to the control group. An easing of the tension Training in mindfulness has been found in numerous studies to reduce stress. Hoffman et al. (2010) conducted a meta-analysis of 39 studies examining the use of mindfulness-based cognitive therapy and mindfulness-based stress reduction. The results of the study suggest that cognitive and affective processes that underlie a range of clinical diseases may be modified with the aid of mindfulness-based therapy.

These findings are consistent with research demonstrating that mindfulness meditation increases positive emotions while decreasing negative and anxious emotions. Participants in one study were randomized to an eight-week mindfulness-based stress reduction group, and their outcomes were compared to controls in terms of self-reported measures of depression, anxiety, and psychopathology, as well as in terms of neural reactivity as measured by fMRI after watching depressing movies (Farb et al., 2010). Participants in mindfulness-based stress reduction displayed considerably reduced levels of anxiety compared to the control group. sadness, and physical distress. The fMRI findings also revealed that the mindfulness group's brain responses to the films were considerably different from those they had before their mindfulness training, and they displayed less neural reactivity than the control group. These findings suggest that practicing mindfulness meditation changes people's ability to use emotion-management techniques in a way that enables them to experience emotion selectively and that the emotions they feel

possibly undergo various processing in the brain (Farb et al., 2010; Williams, 2010).

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