

Mindful Thinking

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SUMMARY

“Mindfulness means paying attention in a particular way, on purpose, in the present moment, and non-judgmentally. Mindfulness has received consistent attention from researchers in the last few decades due to its positive effects on physical and mental health, psychological well-being, as well as several therapeutic outcomes. In an attempt to discern its dispositional source, researchers have also looked at its relation with personality traits.

INTRODUCTION

Mindfulness is the practice of purposely bringing one's attention to the present-moment experience without evaluation, a skill one develops through meditation or other training. Mindfulness derives from *sati*, a significant element of Hindu and Buddhist traditions, and is based on Zen, *Vipassanā*, and Tibetan meditation techniques. Though definitions and techniques of mindfulness are wide-ranging, Buddhist traditions explain what constitutes mindfulness such as how past, present and future moments arise and cease as momentary sense impressions and mental phenomena. Individuals who have contributed to the popularity of mindfulness in the modern Western context include Thích Nhất Hạnh, Herbert Benson, Jon Kabat-Zinn, Richard J. Davidson, and Sam Harris.

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. Mindfulness practice has been employed to reduce depression, stress, anxiety, and in the treatment of drug addiction. Programs based on mindfulness models have been adopted within 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.

Tips on Practicing Mindfulness for Beginners

- Find a quiet place to concentrate. ...
- Practice in a comfortable position. ...
- Always return to the breathing. ...
- Set a time limit. ...
- Create a schedule. ...
- Make mindfulness practice part of the morning routine. ...
- Make a note of when his/her mind wanders. ...
- Don't punish self for losing focus.

CONCLUSION

All these tips will give individual a strong starting point in practicing mindfulness. As a beginner, it will take time to become accustomed to this process and make it part of the daily life. Applying these tips will make it more likely stick with it and begin to see real benefits, whether he/she re practicing mindfulness at home, at work, at school or at anytime during the day.

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