

Mindfulness: An Easy Way to Deal Life

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ABSTRACT

In today's technical world, everything is readily available by technology. We are technologically sound but dependent on it for majority of our work. Life has become so fast and competitive and it is making our life stressful. Every generation is under stress, either it is a child or an adult or an elder people. And to deal it or to treat it a number of techniques or interventions are available, but the major concern is time and cost. All are so busy that we do not have time for these treatments. And also, we are becoming less tolerant and we want quick results. Keeping this in mind present study has focused on how beneficial a simple mindfulness in dealing with life challenges.

Meditation based mindfulness technique now a days is one of the good tools to reduce stress and to deal with other psychological problems. This research paper emphasized on to ascertain the role of mindfulness in reduction of psychological problems. The paper emphasized on how mindfulness techniques are beneficial for the everyday life of human.

Keywords: *mindfulness, meditation*

Mindfulness is an overall presence of awareness of an individual. In this, individual brings his/her focus on the present ongoing state rather than the entangled thoughts of other events. Thereby freeing oneself from the state of remunerating or contemplating the events of the past or the future. Being on this state means to maintain a momentarily attention of our feelings, thoughts, physiological awareness, and nearby atmosphere, through a humane, broadening outlook.

Mindfulness also includes acknowledgment, meaning that an individual pays heedfulness to one's feelings and thoughts with neutral outlook, that is without any judgment, without having beliefs, for instance, that there's a "right" or "wrong" kind of thinking or feeling in a given moment. While practice mindfulness, our thoughts directed into what we're sensing about the present moment rather than focusing in the past or future imaginations.

Basically, in a crux it's a quality of being present and engaged with an individual is working at the minute – free from the grip of disturbing thoughts, judgement or distraction, and conscious of one's feelings and thoughts without getting involved in them. This state of moment-to-moment awareness can be cultivated through meditation-deep contemplation, allowing one to gather the skill of mindfulness so that one can then execute it to day-to-day life. Through learning mindfulness, one is learning to live more mindfully - to be in present, taking a breath, not captive to reactive feelings and thoughts – which is especially beneficial when encountered with demanding situations.

Working of mindfulness

Mindfulness meditation does not only change the perspective and mindset, it actually can do some changes in the brains, and this phenomena is known as neuroplasticity. Generalized neuroimaging meditation studies

indicates that practicing mindfulness meditation rewires the brain toward more emotional regulation and positive thoughts.

For beginners, meditation enables one to move from high-to low frequency brain waves, which elicit and stops certain regions in the brain. For instance, it somehow decreases neurological associates to the medial prefrontal cortex, or the “me center,” reducing stress, anxiety and fear. In exchange, meditation construct fresh tracks to the regions of the brain which are mostly responsible for different attributes such as concentration, decision-making. Further research indicates that grey matter which is responsible for planning, problem solving, emotional regulation and cortical thickness which is responsible for memory and learning, both rise with regular meditation practice while in contrary the amygdala decreases in size which controls the feelings related to fear, anxiety and stress as well.

The benefits of mindfulness

Those people who encompass mindfulness practice very frequently account increased levels of acceptance, patience, compassion and happiness, as well as decreased levels of frustration, sadness and stress. In a study done in Northeastern University found that 54 days of Headspace lead to 23 % of heightened compassion and 57% fall of aggression. Another study found that 10 days Headspace (mindfulness base intervention) enhanced well-being and positivity. And one another study has found that 10 days of Headspace alleviates mental state by 14% reduction in stress.

Practicing mindfulness meditation

To practice it can be helpful and lead to manage stress and increase focus, compassion, empathy, patience, energy and eventually happiness. Most practice involves the trainer explaining how the mind acts during and outside of meditation and give you the pattern to follow and finally encourages you to integrate the techniques into one’s daily life. There are varied versions of mindfulness practices with a unique focus that is to develop two significant components, clarity and calmness alongwith the motive to remain focused and improve the quality of awareness by providing the bionic practices and atmosphere.

Some major meditation techniques the develop mindfulness

Eight of the most popular mindfulness techniques with the focus in mind to see which works better for whom.

1. Focused Attention: The most basic and common techniques of all which employs breath to control the mind and helps in maintaining the awareness. Focus attention on the breathing – specifically the inhale and exhale and repeat it whenever get distracted or notice mind starting to wander.
2. Body Scan – Quite similar to Yoga Nidra, This meditation is to connect with the body, it involves scanning of the body from either downward head to toe or upward and bring aware of the sensations, discomfort or any aches that exist (which could be the main indicators of stress or anxiety).
3. Noting: Here, an individual “note” a confident feeling or thought when one become gets disturbed or distracted while in meditation. This helps in creating space and also enables one tendencies, habits and conditioned learnings.
4. Loving Kindness: This method involves focusing on the image of people: whom are known to us or whom are not known to us, whom we like or whom we dislike, in whole this we focus first on well-wishes first to ourselves, and then, to other, this aids an individual to let go of unpleasant feelings one may be undergoing.
5. Visualization: Here the task is to visualize, by focusing on anything more abstract, to and to hold attention on it.
6. Resting Awareness: Instead of concentrating on the breath, the technique involves let the mind at resting state. Here not to give weightage to any disturbed thought it will disappear soon automatically while resting.
7. Reflection: The method is all about making one contemplate at a serious degree and magnitude about the essentials of life and to be thankful of what the person has.

Mindfulness is about making self-aware or notice the moment to moment happenings. It is about awake in life. Now a days, when we are living in a very fast pacing and technologically advanced world, we are instead of more relaxing becoming more stressed, depressed and anxious. Not only elders and adults, today’s youth and children are also having stress, anxiety or depressive symptoms. Our cognitions are becoming more negative. Mindfulness exercises are very beneficial in dealing with negative cognitions revealed by Kabat-zinn, Massion AO, Kristeller, Peterson LG, Fletcher KE, Pbert L, Lenderking WR, Santorelli SF (1992). They conducted

mindful based meditation to see the effect of this on reducing the anxiety disorders in patients. The result of the study revealed that after giving mindfulness intervention to 20 patients they saw a substantial reduction in their depressive and anxiety scores. Further it is also revealed that panic symptoms were also reduced.

Humans are emotional and in this competitive and more individualistic world, people are becoming more reactive and we respond less. This is also one of the major factors in making people aggressive, non-tolerant. Arch JJ, Craske MG, 2006 have found that focused breathing exercise is beneficial in enhancing the emotional regulation. It decreased the intensity and negativity of emotional responses.

We people are relying majorly on technology to remember things, as a result we are becoming less cognitively active. Previously all were able to remember all the phone numbers by heart and they do calculations manually. by mindfulness practice we can increase regional brain grey matter density, as it is linked with learning, memory, emotional regulation and perspective taking, a study done by Britta K. Holzel,^{a,b} James Carmody^c, Mark Vangel, Christina Congleton, Sita M. Yerramsetti, Tim Gard,^{a,b} and Sara W. Lazar (2011). So, through this we could enhance our learning, memory etc

The workplace mindfulness and job performance are positively correlated revealed by Erik Dane, Bradley J Brummel 2014. They found positive relation between mindfulness and three work engagement i.e., vigor, dedication and absorption. This will benefit the employer as well as employees.

People are becoming more aggressive, further study by N.N. Singh, Robert GWahler, Angela DAdkins, Rachel Emyers in 2013 revealed that with mindfulness intervention we can minimize the aggression in mild mental retardation and mental illness.

Students whether are from arts, medical, non-medical or commerce background, they are living in a stressful environment where they have to meet the daily demands like good academic performance, participation in co-curricular activities, mandatory 75% attendance, weekly tests, assignments, peer pressure, expectations from teachers as well as from parents. As we know this age is not very mature and it is hard for them to understand things in depth, there are a number of interventions but are time consuming and also demands good understanding, that this level mindfulness exercises could be a good help for them to decrease their stress and anxiety. One study conducted on medical students showed that mindfulness meditation do reduce stress in students (Emma warnecke, Stephen Quinn, Kathryn Ogden, Nick Towle, Mark R Nelson 2011).

Mindfulness intervention is a potential method to deal & manage stress as a result enhancing academic success for people dealing with High levels of stress while pursuing any study or vocation. As stress can severely impact the psychological well-being and also it can interfere with the working, clinical and learning performance. McConville, J., McAleer, R., & Hahne, A. et al (2017) conducted a research in the Medical students, to check who are dealing with High levels of stress, also it is closely linked with those students of health profession groups. The objective of this structured review was to evaluate the efficacy of mindfulness exercise in other health professional students and impact found of the mindfulness-based interventions on academic performance was discussed the effect of mindfulness exercise on awareness, depression, anxiety, mood, stress, empathy and self-efficacy which was concluded as, that the mindfulness-based interventions decrease anxiety, decrease stress, depression and enhance the state of awareness along with the improvement of mood, empathy and self-efficacy in the students related to health professional courses. Due to its chargeless nature, mindfulness-based exercise can be simply adapted and incorporated into health professional exercise programs.

The mindfulness interventions practices facilitates emotion regulation on both the implicit and explicit levels. Remmers, C., Topolinski, S., & Koole, S. L. et al (2016) worked on the already done research that had frequently concluded that mindfulness encourages emotion adjustment. The authors instigated despondency among healthy volunteers which were 72 in numbers, after this, participants exercised a mindfulness intervention, and distraction exercise. Indirect mood changes were assessed with the Implicit Positive and Negative Affect Test and explicit mood changes were assessed and found that mindfulness & distraction groups were to be seen with improvement while the rumination group was left with no findings.

Mindfulness-based interventions and therapies (MBTs) demonstrated to be effective in managing emotionally focused psychological disorders (e.g., anxiety, depression) which was also studied in the research of Cairncross,

M., & Miller, C. J. et al (2016); although, it is also valued that MBTs facilitate refined working and symptom comfort for individuals with prolonged mental disorders, including ADHD. In this study result was concluded that in total of 10 researches, the metaanalysis of which shows that mental preoccupation. And a total of 9 researches were counted in the analysis of impulsivity/hyperactivity and the overall impact was calculated and the study finally resulted in the possible advantages of MBTs in lessening the symptoms of ADHD.

Numerous studies claim that Mindfulness exercises enhances the working memory, its capacity and GRE performance while improving attentions span, presence of mind along with mind peace and at the same time reducing mind distracting habit. Mrazek, M. D., Franklin, M. S., Phillips, D. T., Baird, B., & Schooler, J. W. et al (2013) result received was sanguine which showed that mindfulness exercises enhances both working memory capacity and also beneficial in GRE exams.

Conclusion

In this busy, competitive and less supporting world it is required to keep ourselves physically and mentally healthy and from the above studies, mindfulness-based interventions are beneficially helpful to reduce and alleviate negative cognitions by balancing psychological well-being in an individual. All the study mentioned in this research paper clearly directs the benefits of the mindfulness exercises for well-being.

Major psychological problems highlighted here are stress, depression, anxiety, distractive thoughts, uneasiness of mind etc. Since mindfulness-based interventions are based on meditation, its sole purpose is to relax the mind & enhance its concentrating power by aborting other substandard functions of the mind. Not only this, an interesting finding tells us that religious practice of mindfulness causes neuroplasticity i.e., it changes the shape and size of the brain in which directly is associated to the region which is causing anxiety, overthinking, depression.

So, overall mindfulness is a best priceless mediation one can apply on one's life to achieve good mental balance in life along with other psychological benefits.

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