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COMPREHENSIVE BENEFITS OF MINDFULNESS AND RATIONALE AT TCU

by

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ABSTRACT

Mindfulness has shown to have a major impact on overall well-being. It increases levels of perceived control and improves overall health and happiness. It decreases levels of stress reactivity which decreases levels of depressive symptoms. It increases coping resources to decrease stress levels. It increases self-esteem that enables individuals to interact with others more confidently and with less social anxiety. It increases attention to eating which decreases chances of being overweight or obese. It increases attention and acceptance that decreases impulsivity. It reduces rumination and worry that increases sleep duration, efficiency, quality, and latency. It enhances individuals' ability to handle relational stress and have more constructive conflicts. If we incorporate mindfulness at TCU, we could see a reduction in prevalent issues on campus such as stress, relationship issues, and alcohol abuse.

Comprehensive Benefits of Mindfulness and Rationale at TCU

Mindfulness is an ancient practice that is currently incorporated into cognitive behavioral therapy. It was originally an ancient form of meditation in Buddhism. In 1979, Kabat-Zinn started a revolution by secularizing mindfulness for use in the hospital setting. Since then, numerous studies have explored the many applications of mindfulness. Researchers worldwide are discovering the multitude of benefits that can result from its techniques. Mindfulness' influence continues to expand everyday as it becomes more popular and respected.

Mindfulness is an internationally recognized practice of living in the moment. I will present studies from Sweden, the United Arab Emirates, Australia, China, France, and the United States to show different cultural perspectives of mindfulness. It has numerous benefits for depression, anxiety, relationship health, sleep habits, eating habits, self-control, and more. Each of these benefits can positively impact TCU by addressing some of the leading problems we have on campus. If we incorporate mindfulness at TCU, we could see a reduction in stress, relationship issues, and alcohol abuse.

What is Mindfulness

The practice of mindfulness is historically based in Buddhism. The Buddhist goal of mindfulness is to be on a path of liberation. Buddhists that follow the Adhidharma-Yogacara model of Buddhism search for clarity and knowledge (Chadha, 2015). The six steps for mindfulness in the Abhidharmakosa are counting, following, fixing, observing, modifying, and purifying (Chadha, 2015). The first step of counting consists of counting breaths from one to ten. While breathing, one pays attention to the wind coming in and out of his or her body. Then, one fixes his or her attention on two points of the body. One focuses on the quality of breath in those

parts of the body. Next, one observes what else is occurring in those two parts of the body. Chada mentions that a Buddhist would be thinking about their dharmas and mental states. Then, one could attend to moving into better dharmas. Chada describes this process as focusing “by memory and spring from causes that tend to lead to the cessation of suffering. In other words, kusalaharmas are antidotes to klesas that bind us to existence and rebirth” (Chada, 2015, 70). Finally, one is able rid themselves of emotional attachment and enter the Path of Meditation. Mindfulness is a mere step in reaching ultimate nirvana. In the Abhidharmakosa, the text of the Abhidharma model of Buddhism, mindfulness is a breathing practice used to begin meditation. The goal is to accept the present moment and focus one’s attention on meditation (Chada, 2015).

According to Husgafvel, professor of world cultures and religion at the University of Helsinki in Finland, the non-religious practices of mindfulness began in 1979. In 1979, Jon Kabat-Zinn created Mindfulness-Based Stress Reduction, also known as the MBSR. The MBSR is a certified eight-week program in which patients learn how to manage stress and pain. The MBSR was originally used to reduce the stress and pain of patients at the University of Massachusetts Medical Center (Husgafvel, 2016). Jon Kabat-Zinn’s first patients were those in the chronic pain unit. He used MBSR to teach the patients how to view pain objectively in order to lessen their suffering. Since then, the MBSR has been also utilized in academic, rehabilitation, athletic, and professional settings (Kabat-Zinn, 2014). He expanded his practice by forming the Center for Mindfulness in Medicine at the University of Massachusetts Medical School to expand mindfulness to other populations. According to their website, the Center for Mindfulness in Medicine has eight specific missions. These missions include spreading knowledge of mindfulness and providing greater access to MBSR (Center for Mindfulness in Medicine, Health Care and Society).

The medically licensed form of MBSR is quite intensive. It is an eight-week program established by the Center for Mindfulness in Medicine, Health Care and Society at the University of Massachusetts Medical School. The program consists of about thirty hours in the classroom and forty-two hours of home assignments. Kabat-Zinn describes that there are certain attitudes that must be present in order to maximize results from the MBSR. Individuals must be non-judging, non-striving, patient, trusting, accepting, and willing to let go. Since the MBSR's inception, over 22,000 people have completed it. Kabat-Zinn explains that mindfulness can be developed without completing the full MBSR. He explains that "mindfulness can be developed by simply practicing awareness of breath, gentle yoga movements, sitting quietly and walking with intention. These practices serve as a foundation for cultivating positive health behaviors and foster psychological and emotional resilience to better meet life's challenges" (Center for Mindfulness in Medicine, Health Care, and Society, 2014, n.p.).

Psychologists at the University of Skovde in Sweden, Nilsson and Kazemi, found four core elements in definitions of mindfulness present in over 300 journal articles: awareness/attention, present-centeredness, external events, and cultivation (Nilsson & Kazemi, 2016). Attention is focusing on one item at a time without ruminating. Awareness is monitoring one's mental state and emotional responses. Present-centeredness is being engaged in the current moment. External events describe the environment and one's surroundings. Cultivation is the development of character. Ethical-mindedness is "the potential to contribute to justice, peace, and ecological balance in the world" (Nilsson & Kazemi, 2016, 190). Nilsson and Kazemi came to this conclusion by analyzing 308 peer-reviewed articles with "mindfulness" in the title published between 1993-2016.

The cultural difference between Buddhist and Western cultures is reflected in the varying definitions of mindfulness that Nilsson and Kazemi found. Clinical definitions focused on awareness and staying in the present moment. They indicated that the goal of mindfulness is to stay in the present in order to accept the present. This acceptance would lead to decreased depression, anxiety, and stress. Buddhist definitions refer to awareness as a precursor to mindfulness. For Buddhists, meditation is the first step leading to awareness, then insight, and ultimately wisdom (Nilsson & Kazemi, 2016). In this context, meditation allows the individual to reach an awareness of his or her present surroundings. The individual gains a greater knowledge and understanding of his or her surroundings. Then, the individual can achieve insight and wisdom. Mindfulness is obtained differently in the Western and Eastern cultures. The Western method allows individuals to achieve peace through acceptance. The Buddhist method allows individuals to achieve peace through a more spiritual process of meditation. However, both methods are used to maintain a greater presence in the present moment leading to inner peace.

Stress Reactivity and Mindfulness

Mindfulness has a vast array of benefits for managing stress, anxiety, depression, and more. First, we will focus on how mindfulness helps combat depression and increase positivity. According to researchers Thomas, Raynor, and Bahussain at the Zayed University in the United Arab Emirates, depression is a leading cause of disability. As depression takes hold of a significant part of the population, it can have serious effects on the national level. Thomas et al. found that younger and more educated people are at a higher risk for depression. They argue that this can be ultimately detrimental for a nation since young and educated people hold such a prominent place in the workforce (Thomas, Raynor, & Bahussain, 2016). A multitude of studies

including research done by Bouteyre, Maurel, & Bernard (2007), Hee-og (2000), Lovejoy & Steurwald (1997), and Ravindran, Griffiths, Merali, and Anisman (1996), have identified a positive correlation between stress reactivity and depressive symptoms. Bergin and Pakenham (2016) described stress as a person believing the environment they are in is endangering his or her wellbeing. The level of stress correlates with how the individual appraises the stressors in the environment while accounting for their coping mechanisms (Bergin and Pakenham, 2016). The more stress reactivity increases, the more depressive symptoms increase. Thus, the root of depression would be stress reactivity.

Research, such as that by Crane, has consistently shown that mindfulness has the ability to decrease stress reactivity and therefore decrease depressive symptoms. Crane (2009) found that mindfulness allowed participants to experience a greater level of acceptance and ability to experience the present moment. These experiences combat stress reactivity such as regret and anxiety. Regret is caused by a negative reaction to an event in the past. Anxiety is caused by a negative response to an event in the future. Mindfulness focuses on living in the moment. There is no time to regret the past or be anxious about the future when one is focused on the present. Crane's research is supported by research conducted by Britton, Shahar, Szepsenwol, & Jacobs (2012), Keng et al. (2011), and Chiesa & Serretti (2011). They have all found similar results in mindfulness as a practice to reduce stress reactivity and prevent depressive symptoms.

Perceived Control and Mindfulness

One of the ways mindfulness decreases stress reactivity and depressive symptoms is by increasing an individual's perceived control. Perceived control is a person's belief about their ability to influence the environment around them, and the effect it will have on them. A study by

Rodin and Langer (1977) on nursing home residents showed the incredulous impact perceived control has on an individual. Nursing home residents that were given perceived control by means of caring for a plant and choice in their daily activities improved their health and happiness. This study and many like it have shown that an enhanced perception of perceived control enhances longevity, neuroendocrine functioning, immunocompetence, memory, executive functioning, and processing speed. These are all important aspects that lead to enhanced brain functioning.

Research by Pagnini, Bercovitz, and Langer (2016) on perceived control and mindfulness argued that a mindful person is aware that his or her environment is always changing and accepts these changes. In their article, they explain the difference between a mindless and mindful person. A mindless person would have a much more passive outlook on their role in the world. They do not focus on the positive things going on around them or how they could incite change in their lives. They let life happen to them. At an extreme form, a mindless person exhibits learned helplessness in which a person perceives themselves as being totally controlled by their environment. Pagnini et al. argue that forms of mindfulness are being used in clinical environments under other terms such as cognitive restructuring. Mindfulness is a form of restructuring because it is refocusing a person's thought process to teach them how to live in the present moment. To be mindful, one must allow their mind to live in the same moment their body is in. One must open themselves to a broader point of view rather than focusing on one aspect of a situation. Most importantly, one must accept uncertainty and change. Pagnini et al. suggest people should incorporate humor into mindfulness. It could be easier for someone to become mindful by making jokes about stressful situations in order to snap out of a negative and stressed out mindset (Pagnini et al., 2016).

Depressive Symptoms and Mindfulness

Researchers Thomas, Raynor, and Bahussain conducted an experiment to test the correlation between stress reactivity and depressive symptoms. They sought to find the effects of mindfulness to reduce both of these issues. In reaction to the rising levels of depressive symptoms in the college aged population. In their research on mindfulness, they analyzed the effects the Mindfulness Based Stress Reduction had on students. The MBSR incorporates meditation to “focus attention on a present-moment sensory experience (e.g., eating, walking), while gently letting go of any thoughts of images that come to mind automatically” (Thomas et al., 2016).

In their first study, Thomas et al. analyzed 286 college students using the Kuwait University Anxiety Scale and Daily Life Stress Scale UAE in order to measure the students’ daily life stress, depression, and anxiety. They found a significant positive correlation between daily life stress and symptoms of depressive and anxiety. They found that stress reactivity was more relevant than total stress for analyzing depression and anxiety symptoms (Thomas et al., 2016). In the second part of their study, they divided 24 students into control and experimental groups to test if MBSR had the ability to reduce stress in this condition. There were no significant differences in trait mindfulness, depressive symptoms, or stress reactivity before the study was conducted. However, after 10 sessions with the MBSR program Thomas et al. found that stress reactivity was significantly lower for participants in the MBSR program group when compared to students in the control group. These results suggest that mindfulness plays a significant role in lowering stress reactivity.

Stress Buffering and Mindfulness

A study conducted by Bergin and Pakenham (2016) at the University of Queensland in Australia also investigated mindfulness' ability to reduce stress. Bergin and Pakenham defined mindfulness as non-judgmentally focusing one's attention on the present moment. They believed that being mindful would strengthen an individual's coping resources and decreasing their stress levels. Mindfulness was defined not only as a practice, but also a disposition in which people have a greater ability to focus on the present. Their stance was that it is beneficial to focus on the present because it equips an individual's ability to recognize symptoms of stress and attend to them. As noted in the study by Pagnini et al., mindfulness leads to a greater sense of control and acceptance towards one's environment. Thus, one can adapt more easily to the changes in their environment rather than be forced to address them as unforeseen threats. In addition to buffering stress, Bergin and Pakenham predicted that mindfulness also has benefits for relationships, life purpose, and self-esteem.

To test their hypotheses, Bergin and Pakenham analyzed 481 Australian law students using the Law Student Perceived Stress Scale, Five Facet Mindfulness Questionnaire, Depression Anxiety Stress Scale, Satisfaction with Life Scale, and Ryff Psychological Well-being Scales. They found that mindfulness was negatively related to symptoms of depression and anxiety in both high-stress and low-stress conditions. Multiple studies have suggested that mindfulness reduces depression and anxiety symptoms. The specific aspects of mindfulness that led to positive well-being were acting with awareness, non-reactivity to inner experience, and non-judging of inner experience. Bergin and Pakenham concluded that mindfulness allows individuals to think more concretely, communicate more efficiently, better express their emotions, and ruminate less on the past. Mindfulness was negatively related to anxiety and

positively related to life satisfaction and well-being. While mindfulness has all of these benefits in life satisfaction, mindfulness alone is not enough to completely combat stress. One needs to access positive coping resources during high-stress times as well.

Self-Esteem and Mindfulness

Another study on college students was conducted in China by Jianfeng, Pouchan, Nie, and Chengjing (2016). Collectivist cultures, such as China's, place a strong importance on social behavior because it is seen as a crucial element in maintaining harmony. Jianfeng et al. hypothesized that self-esteem is highly involved in a person's level of comfort in social settings. They hypothesized that mindfulness would increase self-esteem and therefore decrease social anxiety.

Jianfeng et al. conducted their research with 516 Chinese undergraduate students using the Mindfulness Attention Awareness Scale, Rosenberg Self-Esteem Scale, and Interaction Anxiousness Scale. Their results showed that mindfulness significantly predicted self-esteem. Low self-esteem predicted social anxiety. When Jianfeng et al. compared their research to other research, they discovered that mindfulness may play a greater role in self-esteem in the Chinese population than in Western populations. (Jianfeng, Pouchan, Nie, & Chengjing, 2016). They credited this difference to mindfulness' roots in Buddhism. Buddhism has been a part of Chinese culture for over two thousand years and has become incorporated into their everyday lives. They predict that Buddhism's teachings of mindfulness has been incorporated subtly into the Chinese way of life. While these findings are especially relevant to the Chinese population, it can still be applicable to Western societies in showing that mindfulness increases self-esteem and decreases social anxiety.

Weight and Mindfulness

At the University of Paris, researchers Camilleri, Mejean, Bellisle, Hercberg, and Peneau (2015) took a new approach to studying the effects of mindfulness. They focused on mindfulness' impact on fluctuation in weight. Their primary focus was on overweight individuals and the habit of overeating. Obesity has been a longstanding issue in the United States and around the world. Being overweight increases a person's chances of having high blood pressure, cardiovascular disease, diabetes, and cancer. Overeating is also a common symptom of depression and anxiety. Thus, they wanted to test if mindfulness would also reduce overeating. Camilleri et al. hypothesized that mindfulness has a role in overeating because people overeat when they are not paying attention to what they are eating. Not living in the present moment, they become distracted, and are unaware of the amount of food they are consuming.

Camilleri et al. administered the Five Facet Mindfulness Questionnaire to 63,628 participants to see if there was a correlation between their weight and their levels of mindfulness. After accounting for confounding factors, Camilleri et al. found that women with higher mindfulness scores were less likely to be overweight and even less likely to be obese. There was not a significant association between mindfulness and men's likelihood to be overweight. Men were significantly less likely to be obese if they scored high on mindfulness. Traits of observing and non-reactivity were particularly relevant in indicating an individual's rate of mindfulness and chances of being overweight or obese. Non-reactivity implies that the individuals were good at coping with change (Camilleri, Mejean, Bellisle, Hercberg, & Peneau, 2015).

Trait Impulsivity and Mindfulness

Mindfulness interventions have been shown to be successful in decreasing consequences resulting from overconsumption of alcohol. Vinci, Peltier, Waldo, Kinsaul, Shah, Coffey, and Copeland (2016) hypothesized that mindfulness would decrease impulsivity found in college student's alcohol consumption. Mindfulness has shown to improve attention, acceptance, and emotional regulation. Impulsivity has shown to be linked to managing emotion and attention. Thus, they assume that increasing mindfulness would increase attention and acceptance that in turn decreases impulsivity involved in substance abuse. They hypothesized that mindfulness would decrease negative affect and urge an increased positive affect.

Vinci et al. studied 207 participants classified as at-risk college student drinkers. Students were classified high-risk if they scored above a six on the Alcohol Use Disorders Identification Test plus scored highly on either the Coping or Enhancement sub scale of the Drinking Motives Questionnaire-Revised. Participants answered a demographic questionnaire, Alcohol Use Disorders Identification Test, Drinking Motives Questionnaire-Revised, Five-Facet Mindfulness Questionnaire, Urgency-Premeditation-Perseverance-Sensation Seeking-Positive Impulsivity Scale, Toronto Mindfulness Scale, Positive and Negative Affective Schedule, and Urge to Drink Scale. Participants were randomly selected into three groups: a mindfulness, relaxation, or control group. The mindfulness group participated in a ten-minute guided meditation. The relaxation group participated in a ten-minute relaxation intervention. The control group spent ten minutes doing a word search puzzle. Results showed that the effect mindfulness had on participants depended on their level of negative urgency. Negative urgency is "an individual's likelihood of acting impulsively when experiencing a negative affect" (Vinci et al., 2016, 365). Mindfulness interventions had a positive effect for participants with low levels of negative

urgency. Participants with high levels of negative urgency benefitted more from the relaxation intervention. It still helped to be mindful in the sense that the individual had the ability to recognize their emotional affect and seek out the appropriate intervention.

Sleep Quality and Mindfulness

Bogusch, Fekete, and Skinta (2016) predicted that greater mindfulness would enhance sleep quality in emerging adults by reducing anxiety and depressive symptoms. They focused on anxiety and depressive symptoms because mindfulness had been reliably shown to reduce such symptoms.

Reduced quality of sleep is a common symptom of anxiety and depression. Depression and anxiety are characterized by rumination and worry. These characteristics make it difficult for individuals to fall asleep and often lead to waking up at night. Depression frequently leads to issues with sleep duration, efficiency, and quality. Anxiety frequently leads to issues with sleep latency.

Bogusch et al. conducted research on 283 college aged participants. Participants reported that it took them on average 30.30 minutes to fall asleep and participants got an average of 6.75 hours of sleep a night. Participants answered the Five-Facet Mindfulness Questionnaire-Short Form, Center for Epidemiological Studies Depression Scale (CES-D), State-Trait Inventory for Cognitive and Somatic Anxiety (STICSA), and Pittsburgh Sleep Quality Index (PSQI). Results showed that mindfulness was negatively associated with anxiety and depressive symptoms. (Bogusch, Fekete, & Skinta, 2016). At night, mindful individuals can let go of the negative thoughts and thus fall asleep faster and stay asleep longer. During the day, mindful individuals can accept negative thoughts and emotions that commonly lead to fatigue.

Relationships and Mindfulness

Laurent, Laurent, Lightcap, and Nelson (2016) tested if the benefits individuals receive from mindfulness also benefit those around them. They assumed that a mindful individual would be able to handle relational stress and conflict better than the average individual. They concluded this due to the decentering aspect of mindfulness in which an individual can analyze an experience from a nonjudgmental standpoint.

Laurent et al. analyzed 114 heterosexual couples that had been dating at least 2 months. The mean age of participants was 21.31 years old and the mean length of the relationship was 2.2 years. Each participant answered the Toronto Mindfulness Scale, Five Facet Mindfulness Questionnaire, Positive and Negative Affect Schedule, and World Health Organization Well-Being Scale. Results found that mindfulness during conflict was mediated by increased positive affect. That means that a mindful individual would show better cognitive and emotional regulation during conflict. Mindfulness also made it more likely that the conflict would be constructive rather than damaging. They advised that one of the most important aspects of being mindful during a conflict was to maintain being open and nonjudgmental while accepting the dispute (Laurent et al., 2016).

Implications of Mindfulness for TCU

According to TCU's Campus Life Center, TCU studies the mental health of its students through the National College Health Assessment. The National College Health Assessment measures alcohol use, drug use, anxiety, depression, internet use/computer games, relationship difficulties, sleep difficulties, and stress. The two most recent surveys were conducted in 2009

and 2013. These surveys reported TCU's average in each category and compared it to the national reference group.

TCU has decreased in many of these negative aspects of mental health between 2009 and 2013 such as alcohol consumption, drug use, anxiety, internet use, and sleep difficulties. Multiple efforts on campus such as yoga, puppy therapy, "stress less" kits, meditation groups, and the availability of free counseling has most likely accounted for these great decreases TCU has experienced. TCU has put an increasing amount of energy into taking the stigma out of mental health and encouraging students to seek out help. However, TCU is still above the national reference group in alcohol consumption, sleep difficulties, and internet use. TCU is also well above the national reference group with about 4% higher rates in anxiety and relationship difficulties.

TCU's reported level of alcohol consumption is above the national reference group by 0.7%. Impulsivity is a frequent issue in alcohol consumption that leads to overconsumption. Vinci et al.'s research on impulsivity in college student drinkers showed that participants benefitted from either mindfulness or relaxation based on their level of urgency. In all cases, a mindful outlook was beneficial due to the individual's ability to recognize their emotional affect and seek out the appropriate intervention. Seeking out the appropriate intervention for their urgency level resulted in increased attention and acceptance of the present moment and decreased impulsivity to abuse alcohol. Vinci et al.'s findings suggest that mindfulness would aid the University in reducing its number of alcohol violations and alcohol-related accidents or crimes each year. TCU students could greatly benefit from being mindful in situations involving alcohol since alcohol tends to be a major aspect of college social life. If students were able to experience less impulsivity, they could better regulate their alcohol consumption.

TCU's reported level of sleep difficulties is 3% higher than the national reference group at 22.39%. Sleep is a crucial point in a student's success. Poor sleep results in decreased cognitive function, decreased mood regulation, and decreased immune function (Bogusch et al., 2016). In a study conducted by Bogusch et al., mindfulness showed a significant indirect benefit to global sleep by directly reducing symptoms of depression and anxiety. Mindful individuals experienced less rumination and worry characterized by depression and anxiety. They were able to experience greater sleep duration, efficiency, quality, and latency. TCU students would be able to achieve better sleeping habits through a mindful standpoint of decreasing rumination and worry characteristic by depression and anxiety that disturbs sleeping patterns (Bogusch et al., 2016).

An increasing amount of TCU students reported relationship difficulties. In 2009, 11.10% of students reported relationship difficulties. By 2013, that percentage rose to 13.10%. That put TCU 3.4% above the national average. In Laurent et al.'s study on mindfulness and relationship conflict, they found that mindfulness led to more productive conflict management. Mindful individuals showed better cognitive and emotional regulation during conflict that made it more likely for the conflict to be constructive rather than damaging (Laurent et al., 2016). By incorporating mindfulness, TCU students could experience more constructive disputes and maintain better relationships.

An astounding 23.5% of students at TCU reported experiencing anxiety in 2013. That is 4% higher than the national reference group. Mindfulness has had success in reducing symptoms of anxiety in multiple studies. Pagnini et al.'s research showed that mindfulness increased perceived control which decreased stress reactivity and depressive symptoms (Pagnini et al., 2016). Thomas et al.'s research found that stress reactivity was the best predictor of depressive

and anxiety symptoms. They found that after ten sessions of a Mindfulness-based program, college aged participants experienced significantly lower levels of stress reactivity (Thomas et al., 2016). Bergin and Pakenham's research found that mindfulness was negatively related to symptoms of depression and anxiety during times of high-stress and low-stress (Bergin & Pakenham, 2016). Jianfeng et al.'s research displayed that mindfulness significantly predicted higher self-esteem that decreased social anxiety (Jianfeng et al., 2016). All of these studies showed that a mindful outlook positively impacts multiple aspects that result in lower anxiety. Mindful individuals are able to think more concretely, communicate more efficiently, better express their emotions, ruminate less on the past as well as act with awareness, be non-reactive to inner experience and non-judging of inner experience.

Conclusion

Mindfulness has correlated strongly to overall wellbeing. It increases levels of perceived control and improves overall health and happiness. It decreases levels of stress reactivity which decreases levels of depressive symptoms. It increases coping resources to decrease stress levels. It increases self-esteem that enables individuals to interact with others more confidently and with less social anxiety. It increases attention to eating which decreases chances of being overweight or obese, especially in women. It increases attention and acceptance that decreases impulsivity. It reduces rumination and worry that increases sleep duration, efficiency, quality, and latency. It enhances individuals' ability to handle relational stress and have more constructive conflicts. These are just some of the ways researchers in Sweden, the United Arab Emirates, Australia, China, France, and the United States have found that mindfulness enhances individuals' daily lives. Throughout the world, people are realizing the life changing benefits from simply

accepting the moment you are in and being actively aware of it. It is a simple mindset that will make a significant difference in one's wellbeing. It requires persistence in maintaining a mindful outlook. However, mindful individuals experience overall greater well-being, health, self-esteem, and relationships.

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