

Mindfulness – An approach to healthy life

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■ **ABSTRACT** : Mindfulness is a buzzword at present times. It is a psychological process of bringing one's attention to situations occurring in the present. In simple terms, mindfulness is living at the present moment and paying attention to each and every situations of life. Mindfulness being a skill or a technique can be learnt by anyone. Though it has been practiced from ancient times in various religious traditions, it has been gaining popularity only in the last few years, due to its effective properties and benefits on every individuals of every age group. Mindfulness causes certain brain changes in the structure and function of the brain. Certain parts of the brain such as the pre-frontal cortex, the hippocampus, and the anterior cortex increases in size and the amygdala tends to shrink which reduces stress and pain. Mindfulness can bring improvements in both physical and psychological symptoms as well as positive changes in health, attitudes and behavior. Studies show that practicing mindfulness can help us manage mild depression, anxiety and other common health problems. In this highly competitive and busy world, mindfulness has been found fruitful, for all individuals for maintaining a healthy way of life. Mindfulness is now being examined in a scientific manner and is found as a key element in stress reduction, overall happiness and well-being. It is helpful for every age group. It can be practiced by children, adolescents, adults and also during old age. Meditation is one of the key techniques used in mindfulness training. Besides meditation, simple mindful practices in everyday life can result in sustainable high performance in individuals. Mindfulness can help us enjoy life more and understand ourselves in a healthy manner. So, every individual should practice mindfulness in their everyday life so as to maintain a healthy way of living and improve their quality of life.

■ **KEY WORDS**: Mindfulness, Brain, Emotions, Approach, Healthy life

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