

Exploring the Impact of Mindfulness Practices on Positive Habit Formation and Individual Well-Being: A Literature Review



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Thesis Statement

This literature review aims to explore the role of mindfulness-based practices in cultivating positive habits and enhancing overall well-being.

What are Mindfulness Practices?

- Mindfulness is the present awareness of thoughts, feelings, and sensations and accepting them. The goal of these practices is to cultivate this state of mindfulness (Zhang et al., 2021).
- Mindfulness can foster openness to consistently make positive behavior changes (Redwine et al., 2022).

Technology Applications

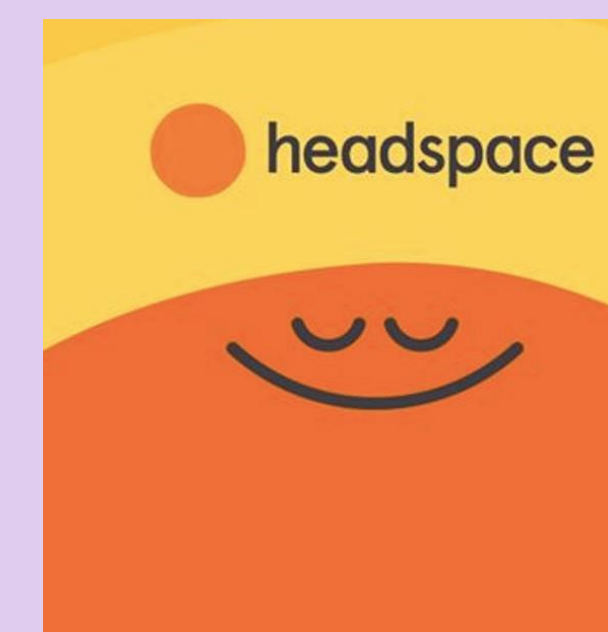
- Phone applications for meditation, journaling, gratitude, and more

Examples:

- Calm is a meditation app with around 4 million users. The app helped children sleep and reduced stress (Neher et al., 2021).



- Headspace can reduce symptoms of Anxiety (Abbott et al., 2023).



- Meditation app users experience significant improvements in well-being and a decrease in workday systolic blood pressure (Bostock et al., 2019)

Therapy Approaches

- Mindfulness-based therapy is helpful in treating PTSD by building resilience (Zhang et al., 2021).

Examples:

- Acceptance and Commitment Therapy
- Mindfulness Stress Reduction
- Mindfulness Cognitive Therapy

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