

MINDFUL LIVING

Mindfulness-based programmes can benefit wellbeing, memory, thinking and mood.

Mindfulness

Mindfulness-based interventions use a mind-body approach to cultivating sustained attention on a background of non-reactivity and acceptance.(1, 2) There are various mindfulness-based techniques described which include:(3)

- Meditation using focused, sustained attention on a single object while observing for distractions and releasing those noted.(4)
- Meditation using open observation focused on the detailed features of temporary occurrences without specifically focusing on one object.(4)
- Meditation focused on loving-kindness which involves nurturing of a broad state of love and compassion toward oneself and others.(5)

Interventions using Mindfulness-Based Stress Reduction and Mindfulness-Based Cognitive Behavioural Therapy have been shown to have beneficial effects on improving sleep, enhancing mood, reducing symptoms of anxiety and depression, improving memory and executive functioning and reducing loneliness.(1, 6) Older adults who have taken part in mindfulness-based programmes stated that they noted increased awareness and self-reflection and felt more self-accepting.(7) It was also noted that they engaged in healthier habits to take care of themselves and felt that they experienced better relationships with family and friends.(7)

GOLDSTER★ **Points and Evidence Levels for this Activity**

Domain	Impact Strength	Points	Information on Evidence	Evidence Type	Evidence Level
Physical	Mild	1	In healthy older people, mindfulness-based interventions have been shown to have a mild beneficial impact on sense of wellbeing and quality of life.(3, 8)	Review	Low
Cognitive	Mild	1	In older people, mindfulness-based interventions have been shown to have a mild impact on improving memory and executive functioning.(1, 3, 8)	Review	Low
Emotional	Mild	1	In older people, mindfulness-based interventions have been shown to have mild impact benefits improving sleep, enhancing mood, reducing symptoms of anxiety and depression and reducing loneliness.(1, 6, 8)	Review, Systematic Review	Low

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References

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