Abstract:
Research broadly supports the claim that mindfulness meditation exerts beneficial effects on physical and mental health and cognitive performance. Recent neuroimaging studies have begun to uncover the brain areas and networks that mediate these positive effects. However, the underlying neural mechanisms remain unclear. In this talk, I will propose that mindfulness meditation includes at least three components that interact closely to constitute a process of enhanced self-regulation: enhanced attention control, improved emotion regulation and altered self-awareness. I will also explore the application of mindfulness meditation in health and education fields.