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## Whats the hype with Mindfulness?

admin May 10, 2021

Chances are you have probably heard about mindfulness from one source or another. In recent years the ancient art of mindfulness has gain popularity all over the globe with millions boasting of the myriad of benefits practicing the art has gained them. Practically everywhere you look you can find new articles popping up with new benefits from practicing mindfulness. This begs the question, is mindfulness worth the hype or is it just some new-age hippy theory?

In this article, we discuss three scientifically-backed benefits that prove practicing mindfulness is worth all the hype it gets.

### Improves General Health and Well-Being

Studies have shown that consistently practicing mindfulness can enhance or increase attitudes that help to support a healthy life such as, being physically active, getting regular health check-ups, and avoiding smoking and alcohol. This effect can likely be attributed to the ability of mindfulness to help you focus on the now making it easier to enjoy life pleasures and take the necessary steps to improve your present situations to make you healthier and happier.

### Improves Mental Health

Over the years, psychotherapists have established mindfulness as an effective and inexpensive support treatment for mental illnesses such as depression, anxiety disorders, substance abuse, eating disorders, and obsessive-compulsive disorders (O.C.D.).

One study conducted on patients experiencing depression put on mindfulness-based cognitive therapy found the therapy just as effective as antidepressants.

### Helps Manage Chronic Pain

While it seems peculiar how practicing mindfulness can help with chronic pain, a number of studies have proven that mindfulness does have an impact on pain intensity through the psychological experience of pain. The thing is chronic pain is not only about the physical, but also the emotions we go through as we go through it. The frustration and exhaustion we feel while in pain matter. Practicing mindfulness helps us deal with these emotions allowing us to better manage our pain.

The truth is practicing mindfulness consistently can do a great deal in helping you live a healthier and happier life.

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