

## ***Mindfulness: Reasons to practice***

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### ***Abstract***

Mindfulness is a kind of contemplation where you center around being strongly aware of what you're sensing and feeling at the time, without understanding or judgment. Mindfulness practice includes breathing techniques, guided symbolism, and different practices to loosen up the body and psyche and help lessen stress over your mind. It is commonly seen that, when results of any work, social issues, or any sort of devoted time effort doesn't transform into favorable outcomes, one would highly indulge in activities that would make them do something that can directly or indirectly risk their health. Thinking about a circumstance of the pandemic, as COVID 19 or Ebola infection; individuals get influenced by ailment as well as different variables like financial instability, emotional distress, physical and mental effect. In conditions like that, a given time of 5-10 mins of mindfulness practice can get an observable change in one's conduct and perspective. It has been demonstrated from ancient Indian writing, that when present-day methods and simple arrangements didn't appear; numerous saints used to ruminate for quite a long time and gained power and energy to battle any issue with the forces accomplished by meditating. Many research studies were effective in the past for setting up the connection between one practicing mindfulness and their behavior versus those people who do not. They were able to establish the fact that mindfulness can increase the ability of one in various ways by just giving 10 min time of 24 hours. Thus, from researches and studies, we can conclude that there are sufficient reasons to practice mindfulness for a more nurtured way of living.

### ***Biography:***

I am Disha Mehta, a Public Health Honors student at Brock University. I am currently in 3rd year and working with a student organization for Molecular Research. Along with that, I am also a mentor for FAHS in Health Sciences and Brock University. I have done various projects in Biostatistics using SAS software. Also have volunteer experience in Health care field.

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