

Mindfulness, Reflection, & Brooding: Pathways to Well-being and Distress

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Emotion Regulation & Health

- Emotion Regulation
 - how you handle your emotions
 - related to mental and physical health
- *Best way to handle emotions?*
 - View 1: Awareness:
 - *Understand thyself*
 - View 2: *Ignorance/ Distraction*
 - *Just focus on the fact that the glass is half full*



View 1: Awareness is good

- Mindfulness
 - Focusing one's attention in a *nonjudgmental* or *accepting* way on the experience occurring in the present moment

Mindfulness and Psychotherapy

- Mindful-Based Cognitive Therapy (MBCT)
 - Depression
- Mindful-Based Stress Reduction (MBSR)
 - Many Applications
- Dialectical Behavior Therapy (DBT)
 - Serious Emotional Disorders

Components of Mindfulness

- Observing
- Describing
- Acting with awareness
- Accepting without judgment

View 2: Awareness/Focus is bad

- Rumination (Nolen-Hoeksema, 1991)
- Focusing repetitively on the meaning, causes and consequences of negative moods
 - Linked with Depression
 - Gender Differences

Brooding vs. Reflection
– Key to untangling puzzle?

Mind-Body Perspectives

- Short-term effects of meditation
- Long-term effects?
- Dalai Lama and his “all-stars”
 - Richard Davidson



Davidson: Brain Activity Asymmetries & Affective Style

- EEG: electroencephalogram
 - electrical activity in brain
- Asymmetries associated with affective style

