



## ALCHEMY BY THE SEA

INSTITUTE FOR RADIANT HEALTH

### MINDFULNESS RESEARCH

#### Peer-Reviewed Articles:

##### **Effects of Mindfulness on Stress, Anxiety, and Depression:**

*Mindfulness-Based Interventions for Anxiety and Depression*

[en.wikipedia.org+2pmc.ncbi.nlm.nih.gov+2pmc.ncbi.nlm.nih.gov+2](https://en.wikipedia.org+2pmc.ncbi.nlm.nih.gov+2pmc.ncbi.nlm.nih.gov+2)

This article reviews how cognitive and behavioral treatments for depression and anxiety have been advanced by the application of mindfulness practices.

*The Effect of Mindfulness-Based Therapy on Anxiety and Depression: A Meta-Analytic Review* [pmc.ncbi.nlm.nih.gov+1en.wikipedia.org+1](https://pmc.ncbi.nlm.nih.gov+1en.wikipedia.org+1)

This meta-analysis suggests that mindfulness-based therapy is a promising intervention for treating anxiety and mood problems in clinical populations.

##### **Mindfulness and Improved Focus, Emotional Regulation, and Cognitive Performance:**

*Mindfulness-Based Therapy Improves Brain Functional Network Efficiency and Cognitive Performance* [pmc.ncbi.nlm.nih.gov](https://pmc.ncbi.nlm.nih.gov)

This study found that mindfulness intervention improved self-reported mindfulness measures and brain functional reconfiguration efficiency in networks associated with executive control, default mode, and salience.

*Mindfulness and Symptoms of Depression and Anxiety in Adolescents and Young Adults: A Randomized Controlled Trial* [frontiersin.org](https://frontiersin.org)

##### **Mindfulness-Based Interventions like MBSR and MBCT:**



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### *Mindfulness-Based Stress Reduction and Mindfulness-Based Cognitive Therapy: A Systematic Review of Randomized Controlled Trials*

This systematic review found that both MBSR and MBCT are effective in reducing symptoms of anxiety and depression.

### *Mindfulness-Based Cognitive Therapy for Prevention of Relapse in Recurrent Major Depressive Disorder: A Systematic Review and Meta-Analysis*

This meta-analysis found that MBCT could be a viable option for individuals with major depressive disorder in preventing relapse.

#### **White Papers:**

#### **Neuroplasticity Effects of Mindfulness Practices:**

*Mindfulness & Stress White Paper - Perspectives* [archive.hshsl.umaryland.edu](https://archive.hshsl.umaryland.edu)

This white paper discusses how mindfulness has been shown to improve memory and attention, both of which can improve quality of work, relationships, and productivity. It also highlights positive effects on the brain's ability to learn and increased neuroplasticity.

*Enhancing Neuroplasticity and Promoting Brain Health at Work: The Role of Learning and Memory in Workplace Performance*

[researchgate.net+1researchgate.net+1](https://researchgate.net/publication/311111111)

This paper explores strategies to enhance neuroplasticity and improve job performance, encompassing cognitive training, brain stimulation, and mindfulness-based interventions.

#### **Mindfulness in Workplace Settings and Its Impact on Productivity and Resilience:**



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*Contemplating Mindfulness at Work: An Integrative Review* [journals.sagepub.com](https://journals.sagepub.com)

This review discusses how mindfulness has been shown to improve qualities of attention—stability, control, and efficiency—which can support attentional performance in the workplace.

*Whitepaper: Mindfulness at Work and Play* [info.insights.com](https://info.insights.com)

This white paper explores the research done on mindfulness and how it is helping individuals at work and at home, including health benefits and enhanced work-related factors.