Mindfulness and Well-being

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APPG on Wellbeing Economics
9th April, 2014
What is Mindfulness?

Mindfulness is the awareness that emerges through paying attention on purpose in the present moment and non-judgmentally to things as they are.

Segal, Williams & Teasdale, 2013, p.132
What are the Benefits of Mindfulness?

- Attention and executive control
- Well-being and mental health
- Mood, stress, anxiety and depression associated with chronic physical and mental disorders, including cancer

Applications of Mindfulness

- Health
- Schools
- Workplace
- Criminal justice system
- Military
- Politicians and civil servants
- General population
hope to ... further our understanding of the deep inner capacities for healing and for living lives of greater wisdom, balance and happiness.

Kabat-Zinn (2002)

Challenges
Scientific evidence
- Producing high quality evidence
- Responsibly reporting evidence
Maintaining integrity
Scalability and dissemination