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Abstract

This research project titled “How does practicing self-care and mindfulness affect college students and working professionals?”, explores the idea of self-care through meditation. Self-care is based on enhanced self-awareness, which can be beneficial for people suffering from mental illnesses, certain risk factors include stressful life situations, such as financial problems, a loved one's death, or a divorce, can cause mental illness. on anyone. A mindfulness practice includes self-acceptance, self-understanding, and self-care. Mindfulness is not primarily a meditation technique for coping with difficulties, mindfulness is a way of living, a way of being. The research proven in this presentation shows that meditation in fact does help students and working professionals where it puts their mind at ease giving them an easier chance to work on other problems in life without such stress or anxiety.