



Self-Care and Mindfulness

How does practicing self-care and mindfulness affect college students and working professionals?

By Ashley Emile

What is self-care and mindfulness?

- Self-care entails taking care of oneself physically, psychologically, and emotionally. Taking care of one's physical health can have a major, positive impact on one's mental health. Self-care is based on enhanced self-awareness, which can be beneficial for persons suffering from mental illnesses. Mindfulness is a nonjudgmental awareness that develops through paying attention on purpose in the present moment. A mindfulness practice includes self-acceptance, self-understanding, and self-care. Mindfulness isn't primarily a meditation technique for coping with difficulties, mindfulness is a way of living, a way of being.

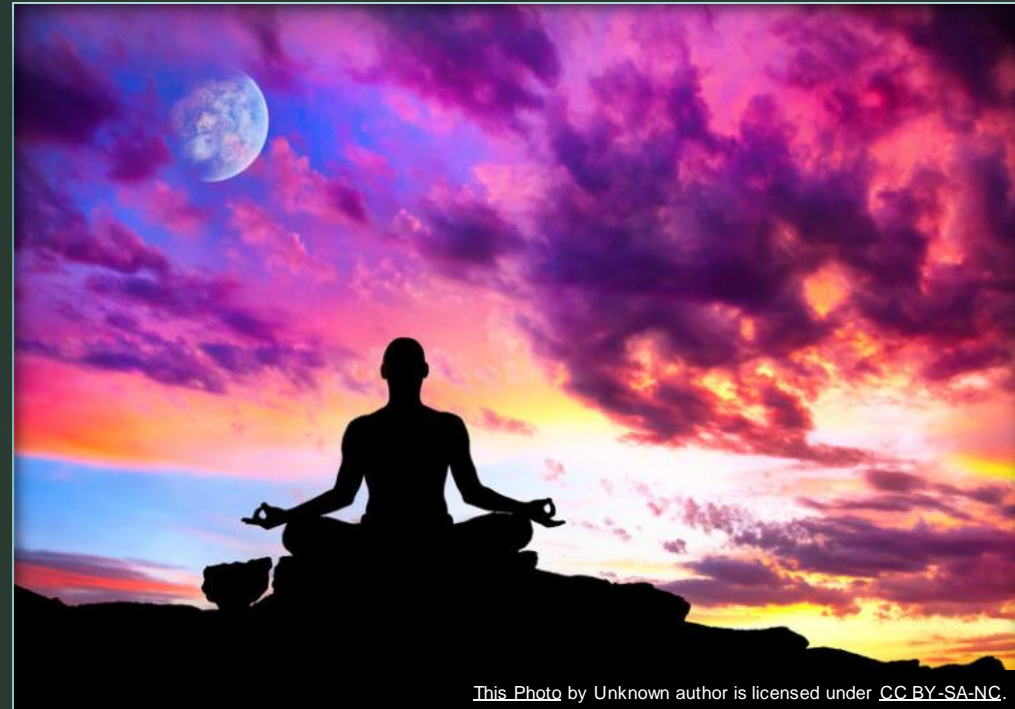
■

Benefits of meditation

- Develops metacognitive (knowledge and understanding of your own thinking) awareness,
- Reducing rumination by disengaging from persistent thinking
- Improves attentional skills by improving working memory.
- Slowing down makes you more productive.

What is meditation?

- Meditation is a technique used for thousands of years to develop awareness of the present moment. Meditation is considered a type of mind-body complementary medicine. Meditation can produce a deep state of relaxation and a tranquil mind. Meditation isn't a replacement for traditional medical treatment. But it may be a useful addition to your other treatment.



This Photo by Unknown author is licensed under [CC BY-SA-NC](#).

Different ways to start



Exercise



Taking time to appreciate and be in nature



Getting enough sleep



Having nutritious meals



Taking a break from social media



Spending time with meaningful relationships



Engaging in something creative

Types of Meditation

- **Guided meditation.** Through guided imagery or visualization, you create mental images of places or situations that you find relaxing.
- **Mantra meditation.** In this type of meditation, you silently repeat a calming word, thought or phrase to prevent distracting thoughts.
- **Yoga.** You perform a series of postures and controlled breathing exercises to promote a more flexible body and a calm mind. As you move through poses that require balance and concentration, you're encouraged to focus less on your busy day and more on the moment.

▪

Source- U.S. medical students who engage in self-care report less stress and higher quality of life

- In this research article it explains how student wellness has highlighted the importance of self-care for medical students. For this research a self-report survey was designed to measure self-care, perceived stress, and quality of life, they hypothesized that self-care would moderate the relationship between stress and psychological quality of life in medical students, as well as stress and physical quality of life. As a result, the level of reported engagement in self-care increased, the strength of the inverse relationship between perceived stress and both physical and psychological quality of life appeared to weaken.
- [tps://bmcmededuc.biomedcentral.com/articles/10.1186/s12909-018-1296-x](https://bmcmededuc.biomedcentral.com/articles/10.1186/s12909-018-1296-x)

Source 2 How to encourage student self-care

- Managing stress is very difficult, not knowing the next steps to take to benefit you is normal, but there's always another way to deal with mental health. This article states "Yet graduate programs don't usually teach their students how to make time for self-care, despite evidence that self-care behaviors make for happier, healthier trainees. A meta-analysis of 17 studies led by a clinical psychologist at Idaho State University, found that self-care behaviors were linked with increased self-compassion and life satisfaction and decreased psychological distress among grad students in professional psychology. It is known that indulging in some form of self care show shows of positive behavior, good work ethic and a good well-being. Wellness programs that emphasize a wide range of wellness components, such as diet, physical activity, and stress management, have been proven to boost teacher morale, enhance perceptions of their ability to handle job stress, and result in greater levels of overall well-being.
- <https://www.apa.org/monitor/2020/07/student-self-care>



Conclusion

- After thoroughly participating and researching meditation and how self-care is beneficial for students as well as working professionals, I can conclude that there was a negligible difference between working professionals and college students in terms of their self-care practices. This research showed how the skills students and working professionals learned increased their ability to reduce stress, practice self-compassion, and be in the present moment, especially during the high stress that they were experiencing due to certain risk factors. Overall, mindfulness of self-care has a strong correlation with subjective well-being, suggesting that it can help maintain and enhance well-being proportionally.