

# **THE EFFECT OF MINDFULNESS MEDITATION ON LIFE SATISFACTION AND SELF-ESTEEM**

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# **OVERVIEW OF MINDFULNESS MEDITATION**

- **Mindfulness is a way of thinking**
- **Mindfulness meditation is the practice of cultivating mindfulness**
- **Mindfulness-based programs:**
  - Mindfulness-based stress reduction (**MBSR**)
  - Mindfulness-based cognitive therapy (**MBCT**)

# **MINDFULNESS MEDITATION AND LIFE SATISFACTION AND SELF-ESTEEM**

- **Associated with higher self-esteem, life satisfaction, optimism, and self-actualization** (Brown & Ryan 2003)
- **Measured mindfulness linked to increased sense of well-being** (Branstrom et al. 2011)
- **MBCT increased life satisfaction in adolescents with suicidal ideation**

Raj et al. 2019

VARIABLE	Pre-test Score		Post-test Score		$t_{(Df= 29)}$
	Mean	SD	Mean	SD	
Life Satisfaction	11.85	1.03	31.86	2.06	28.15***
Life Orientation	7.59	1.08	21.40	1.52	39.87***
Depression	29.55	4.70	15.53	2.74	22.78***
Suicidal Ideation	19.23	1.19	6.73	0.89	44.81***

# **EFFECTS OF MINDFULNESS MEDITATION ON AGING POPULATIONS**

## **MBCT-**

- **Improved anxiety symptoms in retirement home residents (Helmes & Ward 2017)**
- **Moderately effective in reducing depression (Kishita et al. 2017)**

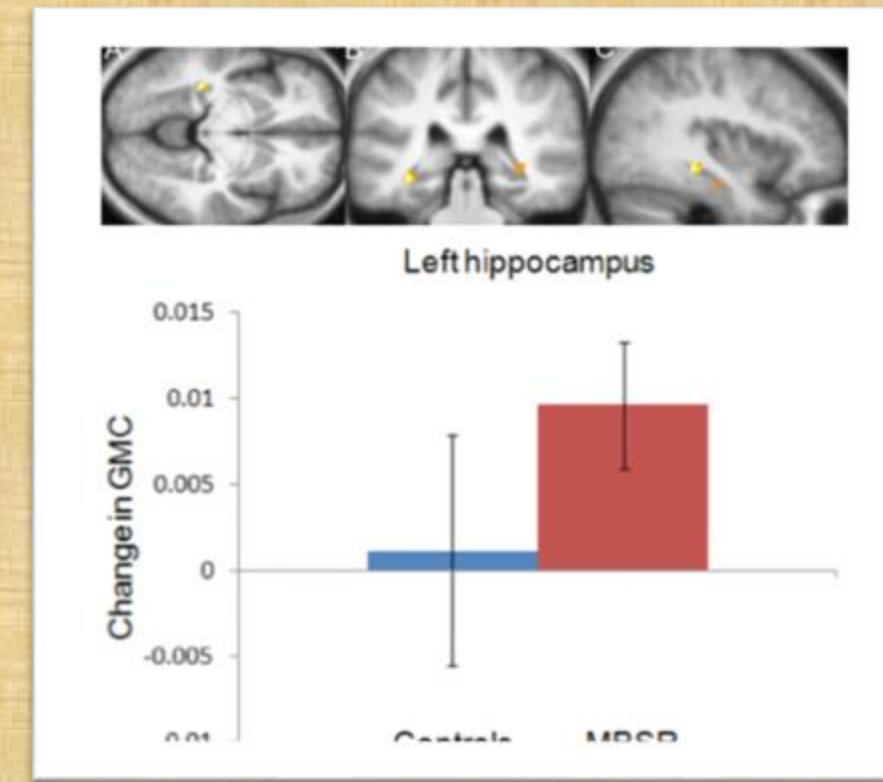
## **MBSR-**

- **Reduced worry, anxiety, stress, and lower back pain (Kishita et al. 2017)**
- **Reduced loneliness in older adults (Creswell et al. 2012)**

# EMOTION REGULATION

- Positive emotions increased with minutes of meditation per day (Fredrickson et al. 2018)
- MBSR showed an increase in hippocampal volume (Hozel et al. 2011)

**Hippocampus – part of brain that regulates emotions**



## **PROPOSED PILOT STUDY**

- **Examining the effect of mindfulness meditation on life satisfaction and self-esteem in retirement home residents**
- **Pre- and post-test experimental design**
- **8-week intervention with 3 weekly meditation sessions**
- **10-minute guided meditations**
- **Waitlist control group**

## **IMPLICATIONS OF PILOT STUDY**

- **Adds to growing research on mindfulness and meditation**
- **Less intensive intervention than MBSR and MBCT**
- **Reveals cause + effect relationship between mindfulness meditation and life satisfaction and self-esteem**
- **Potential to be implemented into retirement homes**

# **THANK YOU!**

**"Do not dwell in the past, do not dream of the future, concentrate  
the mind on the present moment."**

**-Buddha**