Mindfulness, Reflection, & Brooding: Pathways to Well-being and Distress

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Emotion Regulation & Health

• Emotion Regulation
  - how you handle your emotions
  - related to mental and physical health

• Best way to handle emotions?
  - View 1: Awareness:
    • Understand thyself
  - View 2: Ignorance/ Distraction
    • Just focus on the fact that the glass is half full

View 1: Awareness is good

• Mindfulness
  - Focusing one's attention in a nonjudgmental or accepting way on the experience occurring in the present moment

Mindfulness and Psychotherapy

• Mindful-Based Cognitive Therapy (MBCT)
  • Depression

• Mindful-Based Stress Reduction (MBSR)
  • Many Applications

• Dialectical Behavior Therapy (DBT)
  • Serious Emotional Disorders

Components of Mindfulness

- Observing
- Describing
- Acting with awareness
- Accepting without judgment

View 2: Awareness/Focus is bad

• Rumination (Nolen-Hoeksema, 1991)
  • Focusing repetitively on the meaning, causes and consequences of negative moods

  - Linked with Depression
  - Gender Differences

Brooding vs. Reflection
- Key to untangling puzzle?
Mind-Body Perspectives

- Short-term effects of meditation
- Long-term effects?
- Dalai Lama and his “all-stars”
  - Richard Davidson

Davidson: Brain Activity
Asymmetries & Affective Style

- EEG: electroencephalogram
  - electrical activity in brain
- Asymmetries associated with affective style

Left 😊 Right 😊