



# Application of Mindfulness-based Therapy in Treating Depression

Robert Reiner\*

Department of Psychiatry, University of Manchester, Manchester, UK

## ABOUT THE STUDY

Depression is a common mental health condition that affects millions of people worldwide. While there are various forms of treatment available, mindfulness-based therapy has emerged as a promising approach to treating depression. This therapy involves teaching individuals to be present in the moment and focus their attention on their thoughts and feelings without judgment. By doing so, it helps individuals develop a greater sense of self-awareness and self-compassion, leading to reduced symptoms of depression.

In this article, we will explore the application of mindfulness-based therapy in treating depression and how it can help individuals overcome this debilitating condition.

### Mindfulness-based therapy

Mindfulness-based therapy is a type of psychotherapy that aims to help individuals develop a greater sense of self-awareness by focusing their attention on their thoughts, feelings, and physical sensations. This therapy involves various techniques, such as meditation, breathing exercises, and body awareness, to help individuals become more present in the moment.

Mindfulness-based therapy is based on the principles of mindfulness, which involves paying attention to the present moment without judgment. It has its roots in Buddhist meditation practices and has been adapted into a therapeutic approach in recent years.

### Mindfulness-based therapy help treating depression

Mindfulness-based therapy has been found to be effective in treating depression by helping individuals develop a more positive relationship with their thoughts and emotions. Depression is often characterized by negative thoughts and feelings that can spiral out of control, leading to a cycle of negative emotions and behaviors.

By learning to be present in the moment and observe their thoughts and feelings without judgment, individuals can gain a greater sense of self-awareness and control over their emotions.

This can help break the cycle of negative thoughts and feelings and lead to a more positive outlook on life.

Research has shown that mindfulness-based therapy can lead to significant improvements in symptoms of depression, anxiety, and stress. It has been found to be particularly effective in individuals who have experienced multiple episodes of depression.

### Techniques used in mindfulness-based therapy

There are various techniques used in mindfulness-based therapy, including:

**Mindfulness meditation:** This involves focusing the mind on the present moment, usually by focusing on the breath or a specific sensation in the body.

**Body scan:** This involves systematically focusing on different parts of the body and observing any sensations or feelings.

**Yoga:** Yoga involves physical postures and breathing exercises that can help promote relaxation and reduce stress.

**Walking meditation:** This involves walking slowly and mindfully, paying attention to the physical sensations of walking.

**Loving-kindness meditation:** This involves cultivating feelings of love and compassion towards oneself and others.

These techniques can be practiced individually or in combination to help individuals develop a greater sense of self-awareness and mindfulness.

### Benefits of mindfulness-based therapy

There are several benefits of mindfulness-based therapy for individuals with depression, including:

**Reduced symptoms of depression:** Mindfulness-based therapy has been found to be effective in reducing symptoms of depression, anxiety, and stress.

**Improved emotional regulation:** By developing greater self-awareness and control over their emotions, individuals can better

**Correspondence to:** Robert Reiner, Department of Psychiatry, University of Manchester, Manchester, UK, E-mail: reinerrbert@protonmail.com

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regulate their emotional responses to stressors and negative events.

**Increased self-compassion:** Mindfulness-based therapy can help individuals develop a more positive relationship with themselves, leading to increased self-compassion and self-esteem.

**Improved physical health:** Mindfulness-based therapy has been found to have physical health benefits, such as reduced blood pressure and improved immune function.

**Increased resilience:** By learning to be present in the moment and focus their attention on their thoughts and feelings without judgment, individuals can develop greater resilience to stress and adversity.

Depression is a common mental health condition that can have a significant impact on an individual's quality of life. While there are various forms of treatment available, mindfulness-based therapy has emerged as a promising.