

A REVIEW ON THE BENEFICIAL EFFECTS OF MINDFULNESS MEDITATION

MAMOON ELGHALAIENI

Psychology, College of Liberal Arts and Sciences, Arizona State University, Tempe, Arizona, United States

ABSTRACT

Mindfulness meditation is a resilient mind exercise that has been practiced for many centuries. Mindfulness meditation has been established to increase the resilience and enriches the well-being of an individual. It has been exposed that meditation can improve social situations, as well. Recent research provided in this article demonstrates the benefits of mindfulness meditation on an individual.

KEYWORDS: Meditation, Psychological Well-Being, Social Connections, Physiological Changes