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Mindfulness Reduces Anxiety

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Reviewed by John M. Grohol, Psy.D. on December 7, 2009

Emerging research suggests mental training based on mindfulness helps to reduce [anxiety](#) and [depression](#) among secondary education teachers.

Researchers analyzed the psycho-physiological mechanisms related to mindfulness, discovering the training program works as an emotional self-regulating tool.

Mindfulness is a type of mental training increasingly popular in the U.S. The technique is based on the experience of self-awareness and is described in terms such as attention, awareness and the reference to a specific moment. Mindfulness focuses on what we are doing, thinking about or feeling at every moment.

The work, developed by Luis Carlos Delgado Pastor at the University of Granada, has confirmed the effectiveness of mindfulness training, applying it to two different groups with defined features: a 20-girls sample with high-level concern and a group of 25 secondary education teachers.

As a consequence of the mental training, both the girls with chronic concern and the teachers improved their subjective rates of anxiety, depression, concern, complaints about health and emotional regulation. They also enhanced cardiac, muscular and respiratory markers.

Delgado Pastor says that, in the light of the results obtained, they have proved the "effectiveness of training mindfulness abilities and human values in the teaching sector as an emotional self-regulating tool, stress prevention for teachers and students, as well as to facilitate the teaching-learning process."

Accordingly, says the UGR researchers, mindfulness is also useful for persons who are suffering from maladaptative emotional processes, such as chronic concern, anxiety and depression.

Source: [University of Granada](#)