Topic 2 – Meditation and Happiness

See the ‘Awareness’ section in The Plasticity of Well-Being (Dahl et al., 2020)

Attentional Meditation and other mindfulness interventions may improve anxiety, depression and other mental disorders that can interfere with well-being. They may also improve overall happiness.

See:

45-47 in References:

45:

Goyal, M. et al. Meditation programs for psychological stress and well-being (this is a book that can be accessed online via SFU Library)

47:

Goldberg, S. B., et al Awareness, connection, and insight:

Goldberg, Simon B, Imhoff-Smith, Theodore, Bolt, Daniel M, Wilson-Mendenhall, Christine D, Dahl, Cortland J, Davidson, Richard J, & Rosenkranz, Melissa A. (2020). Testing the Efficacy of a Multicomponent, Self-Guided, Smartphone-Based Meditation App: Three-Armed Randomized Controlled Trial. JMIR Mental Health, 7(11), e23825–e23825. https://doi.org/10.2196/23825

See Also:

Lacaille, Julien, Sadikaj, Gentiana, Nishioka, Midori, Carrière, Kimberly, Flanders, Joseph, & Knäuper, Bärbel. (2018). Daily Mindful Responding Mediates the Effect of Meditation Practice on Stress and Mood: The Role of Practice Duration and Adherence. Journal of Clinical Psychology, 74(1), 109–122. https://doi.org/10.1002/jclp.22489

Meditation may reduce stress and reduce the risk of heart disease. See:

The Oshsner Journal, 14(4), 696-703

Meditation and Coronary Heart Disease: A Review of the Current Clinical Evidence

Indranill Basu Ray, Arthur R. Menezes, Pavan Malur, Aimee E. Hiltbold, John P. Reilly, and Carl J. Lavie

This article was cited in:

Meditation: Process and effects

Hari Sharma

Ayu. 2015 Jul-Sep; 36(3): 233–237. doi: 10.4103/0974-8520.182756

See also:

Iwamoto SK, Alexander M, Torres M, Irwin MR, Christakis NA, Nishi A.

Mindfulness Meditation Activates Altruism.

Sci Rep. 2020 Apr 16;10(1):6511. doi: 10.1038/s41598-020-62652-1

Students who choose this topic must cite and paraphrase important information from at least two other peer reviewed Journal articles. Your essay must cite and use at least three articles provided in this memo, as well. (This will be ‘Part 1’ of your Essay Project.)

Finally, you must spend at least 4 weeks using some form of Meditation as a way of increasing your happiness, writing at least two significant paragraphs describing your experience (in Part 2 of the Essay project).