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Role of mindful emotional regulation in cognitive reappraisal

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The most widely used psychological techniques and disciplines is the practice of mediation, and in the last twenty years it has been increased drastically, especially mindfulness meditation. The purpose of this paper is to review the role of psychological mechanisms behind mindfulness practice and explore its positive impact on emotional regulation. It is being argued that mindfulness has achieved its outcomes in the several treatments of anxiety, depression and various other psychological disorders to emotional regulation. It has been considered that there are many factors that mindfulness meditation adds on to bring effectiveness in emotional regulation. We observed in this paper that there is experimental evidence which is evidently seen in cognitive reappraisal mechanism. This paper aims at proposing a specific model for psychological and neural mechanism involved in mindfulness and its effect in emotional regulation process in cognitive reappraisal.

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