

A Framework for Interactive Mindfulness Meditation Using Attention-Regulation Process

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ABSTRACT

We are often overwhelmed by everyday stressors. Mindfulness meditation can help slow things down and bring one's attention into the present moment. Given the prevalence of smartphones, mindfulness-based mobile applications (MBMAs) have received much attention. Current MBMAs mainly use the guided meditation method which may not be always effective, e.g., users may not be able to follow the pace of instructions and they need a private environment. This paper presents a framework for interactive MBMAs which allows users to self-regulate their attention according to their abilities and conditions. The framework is described by an *Attention-Regulation Process* and has two components: (1) *Relaxation Response* and (2) *Attention Restoration Theory*. The framework is validated by our experiment. It also informs future development for interactive meditation and has broad implications for designing mindfulness and well-being.

ACM Classification Keywords

H.5.m. Information Interfaces and Presentation (e.g. HCI): Miscellaneous.

Author Keywords

Framework; mindfulness; meditation; interactivity; attention-regulation process; mobile applications; relaxation response; attention restoration theory.

INTRODUCTION

As our world becomes increasingly fast-paced, we occasionally need to disconnect and refresh ourselves. Mindfulness meditation is a helpful technique which can bring one's attention back to the present moment [19]. Mindfulness practice [47] is defined as a "family of self-regulation practices that focus on training attention in order to bring mental processes



Figure 1. Technology-mediated attention-regulation process [15, 16]. Technology detects the current state of the user's attention and provides real-time feedback to support self-regulation. Our work provides a framework which shows how technology can detect human attention without the use of dedicated sensors, and what kind of feedback can effectively support attention-regulation process.

under greater voluntary control and thereby foster general mental well-being and development and/or specific capacities such as calm, clarity and concentration." The benefits of mindfulness practice have been confirmed as enhancement of human well-being [28], increased attention span [18], stress reduction [38], and improved cognitive abilities [7]. On the more qualitative side, literature shows its effectiveness on empathy, compassion, altruism [25], enlightenment [34], and spiritual health [46]. Given the prevalence of smartphones [19], there are a lot of opportunities for mindfulness-based mobile applications (MBMAs).

However, current MBMAs mainly use the *guided meditation* method [31, 49] which follows the tradition of users following instructions from a meditation teacher. Nevertheless, this technique may not always be effective considering that users should be able to follow the pace of instructions. Furthermore, participation requires a dedicated private environment [37, 48]. Given these limitations, researchers have been exploring *attention-regulation process* [15, 16] which describes a cycle of self-regulation supported by technology-mediated detection and feedback mechanisms (see Figure 1). However, this approach also suffers from the need of dedicated accessories (e.g., respiration sensors, EEG).

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Laury Rappaport

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Abbie Maroño, 2024-07-09 In Work in Progress Dr Abbie Maroño debunks the pervasive myth that shame is the antithesis of empowerment revealing how if understood and embraced it can guide us towards our most authentic selves. Popular media often offers individuals empty promises of empowerment urging them to become bulletproof. It also portrays shame as the antithesis of empowerment. Yet in reality shame signals when one's actions don't align with their ideal self. By dismissing this signal they hinder their journey to becoming their best selves. True empowerment arises when one cultivates a healthy relationship with shame. Work in Progress delves into the science of shame and empowerment equipping people to navigate their feelings of shame and transition into a state of empowerment. While many books on empowerment are well intentioned they often overlook or misinterpret the science behind individuals' experiences of shame how they reconcile their self perception with their surroundings and how they achieve empowerment amidst its elusive definition. This work challenges the idea that empowerment is exclusively a feminist concept reserved for women. It underscores that empowerment is universal accessible to all no matter who they are

Cultivating Mindfulness in Clinical Social Work Terry B. Northcut, 2017-03-25

This practice focused resource integrates broad therapeutic knowledge with current neuroscience to present vast possibilities for mindfulness in clinical social work. Seasoned practitioners posit mindfulness practice and process as a significant bridge between taking care of self and taking care of others demonstrating its implications for physical and

mental health in personal and professional contexts Case studies show timeless concepts e g acceptance and new mindfulness based ideas e g learned helpfulness in use in individual treatment as well as couples counseling and group interventions Also attesting to the utility of mindfulness across problems settings and practitioner orientations diverse applications are organized along ten robust lenses among them Beginning with the context the mind body conundrum Beginning with the body the neurobiology of mindfulness Beginning with the training training clinicians in essential methods for integrating mindfulness in clinical practice Beginning with the clients mindfully reconciling opposites with survivors of trauma complex traumatic stress disorders Beginning with the symptom incorporating mindfulness in the treatment of substance misuse Beginning with the larger social system mindfulness and restorative justice Clinicians and research professionals particularly interested in psychotherapy treatment and mindfulness practice will find Cultivating Mindfulness in Clinical Social Work not only stimulating and intriguing but also a fresh source of real world wisdom **Mé Dia** Daniel Gavaghan,2020-04-07 This book reflects the spiritual path with which Ireland has undergone over many thousands of years It recounts the connections Ireland has with other spiritual traditions throughout the world The book also reflects upon Ireland's geological history plant life flora and fauna and endeavours to prove that Ireland has a deep connection to a once ancient spiritual past That Ireland was once at the centre of everything and absorbed all spiritual truths from around the world and endeavoured to rewrite that truth in a way with which it was more palatable for the social masses at the time

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Meditation as a Health Behavior and Its Relationships with Health Related Quality of Life and Drug Use Charoen Treesak,2003 **The Resilience and Wellbeing Toolbox** Madhavi Nawana Parker,2020-10-28 This fully updated second edition is a practical guide for parents teachers and other professionals to create cultures of resilience and wellbeing in schools homes and health care settings Students will build lifelong competencies to improve their emotional regulation empathy persistence problem solving mindset optimism gratitude kindness and values improving their psychological readiness to bounce back from life's ups and downs Alongside new lesson plans that are even easier to follow and specific

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150 Scripturally based devotions which include a Bible verse a short but significant reflection and a suggested meditation practice such as cradling the breath hearing meditation or letting go of thought all written especially for teens like you Author Irene Kraegel is a licensed clinical psychologist who brings her experience as a counselor and her knowledge of the scientific benefits of mindfulness to this collection of devotions A Mindful Moment is a resource for living in God s presence that you can trust Evidence-Based Coaching Volume 1 Michael Cavanagh,Anthony M. Grant,Travis Kemp,2005 Presents key papers from from the first Evidence Based Coaching Conference held at the University of Sydney July 2003 Addresses the concerns of the emerging profession of coaching giving an overview of the field developing coaching theory and its evidence based practice and reporting on empirical and qualitative studies **Psychotherapy, Meditation and Health** Maurits G. T. Kwee,1990 The American Journal of Psychiatry ,1982 *A Theoretical Framework for the Use of Mindfulness* *Meditation in the Practice of Pastoral Counselling from the Perspectives of Transpersonal Psychology and Process Theology* Louise Ann Graves,1999 Author explores the usefulness of mindfulness meditation in pastoral counseling **The Future of Workplace Spirituality as Science** Pitshou Moleka,2023-11-09 Academic Paper from the year 2023 in the subject Psychology Work Business Organisation grade A language English abstract This book brings several new frameworks paradigms and concepts to the science of workplace spirituality Integrating Spirituality in Organizational Development This book brings a new paradigm by proposing that spirituality should be integrated into organizational development It introduces the concept of spiritually intelligent based organizations SIBO and provide a framework for developing spiritual intelligence in organizations A new framework that I call S P I R I T U A L I T Y S Sense of Purpose P Practices for Mindfulness and Self awareness I Importance of Empathy and Compassion R Responsibility for Ethical Behavior and Social Responsibility I Investment in Continuous Learning and Development T Teamwork and Community Service U Utilization of Servant Leadership A Alignment with Purpose and Meaning L Leadership Development I Inclusivity and Diversity T Transparency and Open Communication Y Year round Focus on Spirituality is developed in this book The Role of Technology in Workplace Spirituality The book explores the role of technology in facilitating workplace spirituality It introduces new concepts such as digital mindfulness and virtual spirituality and provide guidance on how to integrate technology in workplace spirituality practices This book brings also several new frameworks to measure workplace spirituality impact on employees and leaders such as Spiritual Values Assessment SVA and Workplace Spirituality Climate Survey WSCS In practice this book can be useful for managers leaders and employees who are interested in incorporating workplace spirituality into their organizations It provides practical insights and examples of how workplace spirituality can be implemented in organizations and how it can benefit both individual employees and the organization as a whole This can help organizations create a more positive and fulfilling work environment enhance employee engagement and well being and promote social responsibility and purpose driven work Overall this book can be a valuable resource for anyone interested in understanding the role of

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