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Examining how A Mindfulness Intervention Will Affect the Overall Life Satisfaction Rates and Stress Levels of Office Workers

Research has found that certain stimuli can have very long-lasting effects on individuals; mindfulness is an example of a stimulus that can have huge positive effects on people's daily lives.

Mindfulness is a state of intentional, nonjudgmental focus on the present moment. There are two different forms of mindfulness: internal and external. Internal mindfulness is when a person is aware of their own experiences and is able to focus in on them. External mindfulness is when external factors are incorporated into a person's decision making. Many studies found that achieving internal mindfulness (i.e. practicing meditation) was effective in making people live better lives, but there is not much research proving how external mindfulness can change the day to day lives of office workers. Achieving external mindfulness may help build a person's ability to pay attention and focus as well as reduce a person's stress levels and improve their overall personal outlook.

This research examined how external mindfulness specifically effected life satisfaction and stress levels in an office place through the use of an external mindfulness intervention. In this experiment, participants from an office first completed surveys to measure their life satisfaction and stress levels, and then completed one week of mindfulness training. After they finished the training, they took the life satisfaction and stress levels surveys again. This study came to the conclusion that an external mindfulness intervention did, in fact, improve the life satisfaction levels of office workers, and it reduced their stress levels. This research is extremely important. Having a simple practice of external mindfulness helps people not only in the workplace, but in all other contexts as well, live a more satisfying life.