

## Mindfulness

Mindfulness as you may be able to imagine is the process of bringing one's focus to the present so that one's experiences become far more \_\_\_\_\_ (1) and a person can be in a state of awareness that contributes to increased mental health. It is about living in the present and paying attention to the little things in life that give life its meaning. Mindfulness is a practice in which the participant centres their attention through the process of meditation and other training. The significance of mindfulness has \_\_\_\_\_ (2) into a hot topic of debate over recent years and has been documented in several clinical studies.

Mindfulness has its origins in many buddhist traditions and is in fact based on zen. It has \_\_\_\_\_ (3) global fame of late because of its unique ability to deal with issues such as mental disorders and post traumatic stress disorder. It is \_\_\_\_\_ (4) increasing in popularity all over the world despite the lack of solid scientific evidence to back it up. Many modern therapies have been developed out of the principles of mindfulness and can be \_\_\_\_\_ (5) in the treating of addiction and stress among other everyday things.

Though mindfulness has its critics and there may be some doubt \_\_\_\_\_ (6) the actual direct benefits of it, there is a proven relationship \_\_\_\_\_ (7) mindfulness and positive psychological well-being. Due to this fact, there is a necessity for an increased amount of tangible research into the field that can identify the true advantages of the \_\_\_\_\_ (8) involved in mindfulness to separate the methodological details from the placebo effect.

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|------------------|-----------------|-----------------|------------------|
| 1. A. improving  | B. achieving    | C. fulfilling   | D. accomplishing |
| 2. A. become     | B. worked       | C. switched     | D. evolved       |
| 3. A. reached    | B. given        | C. received     | D. had           |
| 4. A. shockingly | B. impressively | C. astoundingly | D. concerningly  |
| 5. A. adapted    | B. implemented  | C. conducted    | D. inserted      |
| 6. A. involving  | B. allowing     | C. relating     | D. surrounding   |
| 7. A. with       | B. between      | C. through      | D. around        |
| 8. A. theories   | B. processes    | C. concepts     | D. developments  |

Answers:

1. C
2. A
3. D
4. C
5. B
6. D
7. B
8. B