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## **Mindfulness meditation reduces avoidance of receiving information that might cause worry or regret**

**Health, stress, sadness, productivity, and generosity are just a few of the significant outcomes that mindfulness meditation has shown to affect. A European study revealed an effect of mindfulness that has never been studied before: information avoidance. The study discovered that a relatively brief mindfulness intervention can promote a decrease in information avoidance, which is the practice of avoiding knowledge that might make one feel anxious or regretful.**

The tendency to avoid information about potentially negative outcomes can be costly as a person's capacity to make wise decisions is significantly dependent on their knowledge and understanding of a given situation. Mental training that focuses on the regulation of emotions such as concern or regret may serve to reduce their influence on a person's decision-making.

One such form of mental training is "mindfulness" meditation. Numerous studies in psychology and neuroscience have shown that meditation can improve levels of attention and emotion control because it promotes a certain mental state (non-judgmental attention to the present moment). The researchers Elliot Ash, Daniel Sgroi, Anthony Tuckwell and Shi Zhuo, from different investigation centres of Switzerland, Germany, and the United Kingdom, concluded that meditating as little as 15 minutes per day for two weeks can make people more resilient.

"Someone who copes well with negative emotions will also want to know what could go wrong as a result of a particular decision", stated Elliott Ash, one of the study's authors. The participants who "meditated every day for two weeks were better equipped to simply observe their negative emotions and accept them calmly".

Adapted by Mindshift from [www.sciencedirect.com/science/article/pii/S0165176523000228](http://www.sciencedirect.com/science/article/pii/S0165176523000228)

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