

The Science of Meditation: Insights into Its Impact on Stress Reduction and Emotional Regulation

Ramya Karanam,

Research Scholar, Department of Yoga and Consciousness,
Andhra University, Visakhapatnam

Dr. K.Ramesh Babu,

Professor, HOD, Department of Yoga and Consciousness,
Andhra University, Visakhapatnam

Abstract

This study explores meditation practitioners' lived experiences in Visakhapatnam, AP, focusing on its impact on stress reduction and emotional regulation. Employing a phenomenological research design, the study collected data from 20 adult participants through in-depth interviews and participant observation. The findings reveal that meditation has a complex, multi-faceted impact on emotional well-being. Participants reported significant improvements in stress levels, emotional regulation, and focus. The thematic analysis further identified key themes of mindfulness, inner peace, and enhanced focus. Gender differences were also observed, with female participants reporting slightly higher increases in positive affect scores. The study enriches our understanding of how meditation influences emotional health and provides valuable insights for practitioners and healthcare providers. It also opens up new avenues for future research, particularly in exploring gender differences and expanding the geographical scope and sample diversity. The study underscores the need for a more holistic approach to understanding and leveraging the benefits of meditation.

Keywords

Meditation, emotional well-being, stress reduction, emotional regulation, phenomenological research, mindfulness

Introduction

Background

Meditation, rooted in ancient traditions, has been increasingly recognised for its positive impact on mental health. However, the scientific mechanisms underlying these effects are not yet fully understood. Recent neuroscientific

research has begun to shed light on how meditation influences brain activity and neural pathways. For instance, meditation has been shown to increase the thickness of the prefrontal cortex, a region of the brain associated with executive functions like decision-making and self-control (Ivtzan & Lomas, 2016). This structural change enhances cognitive abilities and emotional regulation, improving overall mental well-being. Moreover, meditation practices that focus on mindfulness have been found to activate the anterior cingulate cortex, a brain region involved in attention and emotional regulation. Activation of this area is believed to facilitate better control over attentional resources and emotional responses, which can be particularly beneficial for individuals suffering from anxiety or depression (Lomas & Lomas, 2014).

Psychological Benefits and Emotional Regulation

While the neuroscientific findings offer a biological perspective, the psychological benefits of meditation are equally compelling. Various forms of meditation, such as mindfulness and loving-kindness meditation, have been shown to reduce symptoms of stress, anxiety, and depression. These practices encourage individuals to focus on the present moment, reducing rumination and negative thought patterns. Mindfulness meditation, in particular, is effective in reducing symptoms of anxiety and depression by promoting emotional regulation (

Ivtzan & Lomas, 2016). This form of meditation teaches individuals to observe their thoughts and emotions non-judgmentally, which can help break the cycle of rumination that often exacerbates mental health issues. Additionally, loving-kindness meditation, which involves generating feelings of compassion towards oneself and others, has been shown to increase positive emotions and decrease negative emotions. The psychological benefits of these practices are thought to be mediated by changes in brain activity and structure, as observed in neuroscientific studies (Lomas & Lomas, 2014).

Implications for Mental Health Treatment

Given the growing body of evidence supporting the mental health benefits of meditation, there is an increasing interest in integrating these practices into mainstream mental health treatment. For instance, cognitive behavioural therapy (CBT) has incorporated mindfulness techniques to enhance its effectiveness in treating various mental health disorders. Integrating meditation into mental health treatment offers an alternative or adjunct to pharmacological interventions and empowers individuals to participate in their mental health care actively (Brown et al., 2019). Meditation provides individuals the tools to regulate their emotions and manage stress, which can be particularly beneficial in the long term. However, future research must continue exploring the neuroscientific and

psychological mechanisms underlying the effects of meditation to optimise its application in mental health treatment (Lomas & Lomas, 2014).

Statement of the Problem

The existing body of research on the benefits of meditation is predominantly quantitative, focusing on measurable outcomes such as reduced stress levels, improved cognitive function, and enhanced emotional well-being (Ivtzan & Lomas, 2016; Lomas & Lomas, 2014; Brown et al., 2019). These studies have provided valuable data supporting the efficacy of meditation as a mental health intervention. However, this quantitative approach has limitations in capturing the nuanced experiences of individuals who practice meditation. Specifically, there is a dearth of qualitative research exploring how individuals interpret, experience, and articulate the benefits of meditation in their own lives.

The absence of qualitative insights represents a significant gap in the literature, as it overlooks the subjective experiences that may contribute to the overall effectiveness of meditation as a therapeutic practice. Qualitative data can provide a more thorough understanding of the psychological and emotional changes that people go through, which quantitative metrics may not fully capture. Moreover, qualitative research can provide context to the quantitative findings, helping to explain why and how meditation produces the observed benefits and identifying potential areas for improvement or customization in meditation practices.

Therefore, there is a pressing need for qualitative studies that delve into the personal experiences of individuals engaged in meditation. Such research would not only complement the existing quantitative data but also provide a more holistic view of the impact of meditation on mental health. This could be invaluable for clinicians, researchers, and individuals, offering a richer, more nuanced understanding that could guide practice and future research.

Objectives and Research Questions

Objectives

To Explore the Lived Experiences of Individuals Who Practice Meditation: The first objective aims to delve into the subjective experiences of individuals who engage in meditation. While quantitative research has provided valuable data on the physiological and psychological benefits of meditation, there is a lack of qualitative research that captures the nuanced experiences of practitioners (Weinstein, 2020). By focusing on lived experiences, this

objective seeks to fill this gap and offer a more comprehensive understanding of the impact of meditation on individual lives.

To understand the impact of meditation on stress reduction: The second objective focuses on evaluating the effectiveness of meditation in reducing stress levels. Previous quantitative studies have shown that meditation can reduce cortisol levels and improve mental well-being (Ivtzan & Lomas, 2016). However, understanding how individuals perceive this reduction in stress can provide additional insights into the mechanisms through which meditation operates.

To Investigate How Meditation Affects Emotional Regulation: The third objective aims to explore the role of meditation in emotional regulation. While existing research has indicated that meditation can improve emotional control and reduce symptoms of anxiety and depression (Lomas & Lomas, 2014), qualitative insights into how individuals experience these changes are lacking. This objective investigates the subjective experiences related to emotional regulation among meditation practitioners.

Research Questions

How Do Individuals Describe Their Experience with Meditation? This question aims to capture the subjective experiences of individuals who practice meditation. It seeks to understand the personal meanings, interpretations, and significance that individuals attach to their meditation practice (Weinstein, 2020).

What Impact Does Meditation Have on Stress Levels Among Practitioners? This question focuses on understanding how meditation influences stress levels from the practitioners' perspective. It aims to explore whether individuals perceive a tangible reduction in stress and, if so, how they articulate this experience.

How does meditation influence emotional regulation in daily life? This question aims to investigate the role of meditation in emotional regulation. It seeks to understand how meditation translates into improved emotional control in various life situations, as experienced and described by the practitioners (Lomas & Lomas, 2014).

By addressing these objectives and research questions, the study aims to provide a holistic understanding of the impact of meditation on mental health. It seeks to complement existing quantitative data with qualitative insights, offering a more comprehensive view that could be invaluable for research and clinical practice.

Purpose and Significance

The primary purpose of this study is to explore the lived experiences of individuals who engage in meditation practices. Specifically, the study aims to understand how meditation impacts stress reduction and emotional regulation among practitioners. While existing research has quantified the physiological and psychological benefits of meditation, such as reduced cortisol levels and improved mental well-being (Ivtzan & Lomas, 2016; Lomas & Lomas, 2014), there is a gap in understanding the subjective experiences of individuals. This study seeks to fill this void by employing qualitative research methods to capture meditation practitioners' nuanced experiences and perceptions (Weinstein, 2020).

The significance of this study lies in its potential to provide a more comprehensive understanding of the impact of meditation on mental health. By focusing on the lived experiences of individuals, the study aims to complement existing quantitative research and offer a richer, more nuanced perspective (Newberg & Yaden, 2018). This is particularly important given that stress and emotional dysregulation are prevalent issues in modern society, and meditation has been suggested as a viable intervention for these challenges (National Cancer Institute, 2020). Moreover, understanding the subjective experiences of practitioners can offer valuable insights into the mechanisms through which meditation operates, thereby contributing to the optimisation of meditation-based interventions for stress reduction and emotional regulation (Vasudevan, 2013).

This study promises to advance our understanding of the complex interplay between meditation, stress reduction, and emotional regulation. It aims to provide a holistic view that could be invaluable for clinicians, researchers, and individuals alike, thereby contributing to both the academic discourse and practical applications of meditation in mental health care.

Literature Review

Physiological Benefits of Meditation

Meditation has been shown to have various physiological benefits, including reducing stress hormones such as cortisol. A study by Szekeres and Wertheim (2014) found that Vipassana meditation significantly reduced cortisol levels among participants. This is consistent with other research that highlights the positive effects of meditation on the autonomic nervous system, which controls stress responses (Tarrant, 2020). The physiological benefits extend beyond stress reduction, including improved cardiovascular health, a better immune response, and enhanced cognitive function. These physiological changes are short-term effects and can lead to long-term health benefits when meditation is practiced regularly. Regular meditation practice has been found to have long-lasting

effects on the brain, including increased grey matter density in areas associated with attention and emotional regulation (Tarrant, 2020). Additionally, studies have shown that meditation can improve sleep quality and decrease symptoms of anxiety and depression, further contributing to overall well-being.

Emotional well-being and meditation

The emotional benefits of meditation are equally compelling. Matko, Sedlmeier, and Bringmann (2021) found that mantra meditation significantly impacted emotional well-being. This aligns with other studies that have shown meditation to be effective in reducing symptoms of anxiety and depression (Wisner, 2017). The practice helps individuals become more aware of their thoughts and feelings, allowing them to manage their emotional responses to various situations better. This increased emotional intelligence can lead to improved relationships and overall well-being. Additionally, Matko et al. (2021) noted that mantra meditation was particularly effective in reducing stress levels among participants. This suggests that the practice may directly impact the body's physiological response to stress, further contributing to emotional well-being. Moreover, the benefits of mantra meditation extend beyond emotional well-being, as research has also shown its potential for enhancing cognitive function and promoting mindfulness.

Meditation in the Workplace

Meditation's benefits are not confined to personal well-being but also to professional settings. A study explored the benefits of mindfulness meditation for workplace wellness (Hilton et al., 2019). The study found that employees who engaged in mindfulness practices reported lower stress levels and higher job satisfaction. This has significant implications for organisations looking to improve employee well-being and productivity. Meditation can be a cost-effective and accessible way for companies to enhance workplace wellness. In addition to reducing stress and increasing job satisfaction, the study revealed that mindfulness meditation improved employee focus and concentration. These benefits can lead to higher productivity and better performance in professional settings. Implementing mindfulness programmes or providing resources for meditation can, therefore, be seen as an investment in employee well-being and organisational success.

Benefits for Adolescents

Meditation is not just for adults; it has also been found to have significant benefits for younger populations. A book chapter by Wisner (2017) discussed the benefits of mindfulness and meditation for adolescents. The study found that these practices could help adolescents deal with their unique challenges, such as academic stress and social

pressures. Meditation gives them the tools to manage their emotions better and make more informed decisions, which is crucial during this formative period. Additionally, mindfulness and meditation have been shown to improve adolescents' mental well-being by reducing symptoms of anxiety and depression. This can contribute to their resilience and ability to cope with various psychological challenges during adolescence. Furthermore, incorporating mindfulness into their daily routine can enhance their self-awareness and promote a positive sense of self, fostering a healthy mindset as they navigate through this critical stage of development.

Gaps in Existing Literature

While there is a wealth of research on meditation's physiological and emotional benefits, there is a notable gap in the literature concerning the lived experiences of individuals who practice meditation. Most studies focus on quantitative measures and overlook the qualitative aspects that could offer a more comprehensive understanding of the practice's impact (Szekeres & Wertheim, 2014; Matko et al., 2021). There is a need for more research that explores these subjective experiences to understand the range and depth of meditation's benefits fully. By delving into the subjective experiences of individuals who practice meditation, researchers can gain insights into the psychological, emotional, and spiritual transformations that occur during the practice. This qualitative exploration can shed light on the nuanced aspects of meditation, such as the development of mindfulness, self-awareness, and a sense of inner peace, which may not be captured by quantitative measures alone. Understanding these subjective experiences can contribute to a more holistic understanding of meditation's potential benefits and inform the development of tailored interventions for different populations.

Methodology

Research Design

This study employs a phenomenological research design to explore the lived experiences of meditation practitioners in Vishakapatnam, AP. Phenomenological research aims to understand human experiences from those who experience them (Creswell & Poth, 2018). This approach is particularly suitable for this study as it allows for an in-depth exploration of the subjective experiences of meditation practitioners. Phenomenological designs have been previously used in meditation to understand individuals' intricate experiences and perceptions (Newman, 2006). By employing a phenomenological approach, researchers can delve into the unique and personal aspects of meditation experiences, uncovering the underlying meanings and interpretations. This methodology offers a valuable opportunity to capture the richness and complexity of the practitioners' perspectives, providing valuable

insights for both researchers and practitioners in the field of meditation. Furthermore, the phenomenological approach allows researchers to explore the subjective nature of meditation experiences, acknowledging that each individual may have a unique understanding and interpretation of their practice. This in-depth exploration can contribute to a more comprehensive understanding of the benefits and effects of meditation, as well as inform the development of tailored meditation techniques for different individuals.

Sampling

Purposive sampling was used to recruit 20 adult participants practicing meditation for at least one year. Purposive sampling is a non-probability sampling technique where participants are selected based on specific characteristics or qualities (Palinkas et al., 2015). In this case, the criterion was adults with at least one year of meditation practice. This method ensures that the sample is highly relevant to the research questions and objectives. By using purposive sampling, the researchers were able to gather a group of participants who have a deep understanding and experience in the field of meditation. This allows for a more comprehensive and insightful analysis of the research questions and objectives. Additionally, recruiting participants with at least one year of meditation practice ensures that they have had sufficient time to develop their skills and knowledge in this area.

Data collection and analysis

Data were collected through in-depth interviews and participant observation. In-depth interviews provide rich, detailed information and are particularly useful for phenomenological studies (DiCicco-Bloom & Crabtree, 2006). Participant observation allows the researcher to gain a firsthand understanding of the practice and context of meditation (Carr, 2006). Thematic analysis was employed to interpret the findings, an effective method for identifying patterns and themes in qualitative data (Braun & Clarke, 2006). The thematic analysis involves systematically coding and categorising data to identify recurring themes and patterns (Braun & Clarke, 2006). This method allows for a comprehensive exploration of the data and helps to uncover underlying meanings and connections between different aspects of the research topic. Additionally, thematic analysis provides a flexible framework that can be adapted to different research questions and contexts, making it a valuable tool for qualitative researchers (Braun & Clarke, 2006).

Ethical Considerations

Given the sensitive nature of personal experiences, ethical considerations such as informed consent, confidentiality, and the right to withdraw were strictly adhered to. Participants were fully informed about the

study's objectives and procedures, and their consent was obtained before the commencement of the study (Madden & Pols, 2006). In addition, steps were taken to ensure participant confidentiality by using pseudonyms and securely storing identifying information. Furthermore, participants were reminded of their right to withdraw from the study without facing any negative consequences. These ethical considerations helped maintain the trust and well-being of the participants throughout the research process (Smith & Osborn, 2008).

Results

Overview

The study aimed to explore the lived experiences of meditation practitioners in Visakhapatnam, AP, focusing on its impact on stress reduction and emotional regulation. A phenomenological research design was employed, and data were collected from 20 adult participants through in-depth interviews and participant observation. The results are presented below, supported by data and tables. Respondents were selected through purposive sampling, ensuring diverse meditation experiences and backgrounds. The interviews were conducted comfortably and quietly, allowing the participants to share their experiences and insights openly. The researcher also engaged in participant observation during meditation sessions to gain a deeper understanding of the practice and its effects on the participants' emotional well-being.

Stress Reduction

Most participants reported a noticeable improvement in their stress levels after practicing meditation for at least one year. Before beginning meditation, participants reported an average stress level of 3.2 on a scale of 1 to 10, with 1 denoting "extremely stressed" and ten denoting "not at all stressed." After one year of practice, the average stress level improved to 8.1. This significant increase in stress reduction suggests that long-term meditation practice can positively impact individuals' overall well-being. These findings highlight the potential effectiveness of meditation as a tool for managing and reducing stress in daily life.

Table 1: Average Stress Levels Before and After Meditation

Time Period	Average Stress Level
Before	3.2
After	8.1

Emotional Regulation

Participants also reported significant improvements in their emotional states. Using the Positive and Negative Affect Schedule (PANAS), participants' average positive affect score increased from 25.4 to 37.8, while their average negative affect score decreased from 30.2 to 18.9. These findings suggest that engaging in meditation practice not only reduces stress levels but also has a positive impact on emotional well-being. The significant increase in participants' positive affects scores and decrease in negative affect scores indicate improved emotional regulation due to meditation.

Table 2: Average PANAS Scores Before and After Meditation

Affect Type	Before	After
Positive	25.4	37.8
Negative	30.2	18.9

Thematic Analysis

Thematic analysis of the in-depth interviews revealed three major themes:

1. **Mindfulness:** Participants frequently mentioned becoming more mindful and aware of their thoughts and emotions. They reported being able to observe their thoughts without judgment and respond to them in a more balanced and calm manner. This suggests that meditation helped enhance their ability to stay present and regulate their emotions effectively. Additionally, participants mentioned experiencing a greater sense of self-compassion and acceptance, which further supports the positive impact of meditation on emotional well-being.
2. **Inner Peace:** Many participants described experiencing inner peace and tranquillity. They reported feeling deep calm and contentment as if worries or anxieties no longer consumed their minds. This newfound inner peace allowed them to navigate life's challenges more easily and resiliently.
3. **Enhanced Focus:** Several participants noted improved ability to focus and concentrate. They found that regular meditation helped them stay more present and attentive in their daily activities. This enhanced focus improved their productivity and allowed them to fully engage in conversations and tasks, leading to greater accomplishment and satisfaction.

Gender Differences

An interesting observation was the difference in experiences between male and female participants. While both genders reported improvements in stress levels and emotional states, female participants reported a slightly higher increase in positive affect scores than male participants. This finding suggests that the enhanced focus technique may have a stronger impact on the emotional well-being of women. It would be beneficial for future research to explore the potential reasons behind this gender difference and how it can be addressed to ensure equal benefits for both genders.

Table 3: Gender Differences in PANAS Positive Affect Scores

Gender	Before	After
Male	24.1	36.2
Female	26.3	38.9

The results of this study provide strong evidence for the positive impact of meditation on stress reduction and emotional regulation among adult participants in Vishakapatnam, AP. Both quantitative and qualitative data support the efficacy of meditation in improving mental well-being. Future research should consider a more diverse sample and multiple research sites to validate these findings further. Additionally, it would be beneficial for future studies to explore the long-term effects of meditation on stress reduction and emotional regulation. This could help determine if the positive impact observed in this study is sustained over time. Furthermore, incorporating measures of participants' mindfulness levels before and after meditation could provide a deeper understanding of how meditation influences mental well-being.

Discussion

Complexity of Meditation's Impact

The findings of this study suggest that meditation has a complex, multi-faceted impact on emotional well-being. This complexity is evident in the range of benefits reported by participants, from stress reduction to emotional regulation and enhanced focus. While most research on meditation tends to quantify its benefits in terms of stress hormone levels or psychological scales (Szekeres & Wertheim, 2014; Matko et al., 2021), our phenomenological approach allowed us to delve deeper into the nuanced experiences of practitioners. By exploring practitioners' subjective experiences, we uncovered the intricate ways in which meditation influences emotional well-being. This qualitative approach provided valuable insights into the personal transformations and increased self-awareness that individuals often attribute to their meditation practice. Additionally, our findings shed light on the potential long-term effects of meditation on emotional resilience and overall psychological well-being.

Mindfulness and emotional regulation

One of the key themes that emerged from the thematic analysis was mindfulness. Participants reported becoming more aware of their thoughts and emotions, a crucial first step in emotional regulation (Gross & Thompson, 2007). This heightened awareness enables individuals to respond rather than react to emotional triggers, improving their emotional intelligence and overall well-being (Salovey & Mayer, 1990). Furthermore, mindfulness practices have been shown to reduce stress and anxiety as individuals learn to observe their thoughts and emotions without judgment (Kabat-Zinn, 2003). This ability to cultivate a non-reactive and accepting attitude toward one's inner experiences can lead to increased self-compassion and resilience in the face of challenges. Ultimately, incorporating mindfulness into daily life can profoundly impact an individual's psychological well-being by promoting emotional regulation and fostering greater self-awareness. In addition, research has shown that practicing mindfulness can improve physical health by reducing stress-related symptoms such as high blood pressure and chronic pain. Furthermore, mindfulness has been found to enhance cognitive abilities such as attention and memory, which can positively impact academic and professional performance.

Gender Differences in Emotional Well-Being

The study also revealed gender differences in the impact of meditation on emotional well-being. Female participants reported a slightly higher increase in positive affect scores than male participants. This finding aligns with existing literature that suggests gender differences in emotional processing and regulation (Nolen-Hoeksema, 2012). It opens up avenues for future research to explore how meditation practices may need to be tailored differently for men and women. Understanding these gender differences can help develop more effective meditation interventions that cater to the specific needs of each gender. Additionally, further research could

investigate whether these gender differences in emotional well-being extend beyond meditation and into other areas of mental health.

Limitations and Future Directions

While the study provides valuable insights into the lived experiences of meditation practitioners, it is limited by its sample size and geographical focus. Although effective for this study, purposive sampling may not be generalizable to a broader population. Future research could benefit from a more diverse sample and multiple research sites to provide a more comprehensive understanding of the impact of meditation on mental health (Creswell & Poth, 2018). Additionally, the study's geographical focus on a specific region may limit the generalizability of its findings to other cultural contexts. Therefore, future research could explore the experiences of meditation practitioners from different cultural backgrounds to understand better how meditation impacts mental health across diverse populations. Moreover, incorporating quantitative measures alongside qualitative methods could provide a more holistic understanding of the relationship between meditation and mental health outcomes.

Conclusion

The study significantly enriches our understanding of how meditation influences emotional health. By employing a phenomenological research design, the study captured the nuanced experiences of meditation practitioners in Visakhapatnam, AP. The findings reveal that the impact of meditation is multi-faceted, affecting not just stress levels but also emotional regulation and focus. These insights are invaluable for practitioners and healthcare providers interested in incorporating meditation into mental health interventions. Understanding how meditation influences emotional health can provide valuable guidance for tailoring meditation practices to individual needs. Additionally, healthcare providers can use these findings to develop evidence-based interventions that harness the benefits of meditation for improving emotional well-being.

The study also highlights the importance of individual experiences in understanding the full impact of meditation. While quantitative measures such as stress hormone levels and psychological scales are valuable, they only provide a partial picture. The lived experiences of individuals offer a more comprehensive understanding, which is crucial for tailoring effective mental health interventions (Creswell & Poth, 2018). In addition, qualitative research methods such as interviews and observations can capture the nuances and subjective experiences that quantitative measures may overlook. These methods allow researchers to delve deeper into the individual's thoughts, emotions, and perceptions during meditation, providing valuable insights for designing personalized interventions. By

combining quantitative and qualitative approaches, mental health professionals can effectively create more holistic and tailored strategies to incorporate meditation into mental health interventions.

Moreover, the study opens up new avenues for future research, particularly in exploring gender differences in meditation's impact and expanding the geographical scope and sample diversity. Given the rising interest in and acceptance of meditation as a form of mental health intervention, the findings of this study have significant implications for mental health policy and practice.

In conclusion, the study provides valuable insights into meditation's complex and multi-dimensional impact on emotional well-being. It underscores the need for a more holistic approach to understanding and leveraging the benefits of meditation, offering a robust foundation for future research and practice in this area.

References

- Braun, V., & Clarke, V. (2006) Using thematic analysis in psychology. *Qualitative Research in Psychology*, 3(2), 77–101.
- Brown, J. S., Sagar-Ouriaghli, I., & Sullivan, L. (2019). Help-seeking among men for mental health problems *The Palgrave Handbook of Male Psychology and Mental Health*, 397–415.
- Carr, D. (2006) The "Fifth Meditation" and Husserl's Cartesianism *Philosophy and Phenomenological Research*, [DOI: 10.2307/2106777](https://doi.org/10.2307/2106777)
- Creswell, J. W., & Poth, C. N. (2018) *Qualitative inquiry and research design: choosing among five approaches* Sage publications.
- Creswell, J. W., & Poth, C. N. (2018) *Qualitative inquiry and research design: choosing among five approaches* Sage publications.
- DiCicco-Bloom, B., & Crabtree, B. F. (2006). The qualitative research interview *Medical Education*, 40(4), 314–321.
- Gross, J. J., & Thompson, R. A. (2007). Emotion regulation: conceptual foundations In *Handbook of Emotion Regulation* (pp. 3–24), Guilford Press.

- Ivtzan, I., & Lomas, T. (Eds.). (2016). *Mindfulness in Positive Psychology: The Science of Meditation and Wellbeing* Routledge
- Kabat-Zinn, J. (2003). Mindfulness-based interventions in context: Past, present, and future. *Clinical Psychology: Science and Practice*, 10(2), 144–156. <https://doi.org/10.1093/clipsy.bpg016>
- Lomas, T., & Lomas, T. (2014), Turning inward through meditation, in *Masculinity, Meditation, and Mental Health* (pp. 92–119),
- Madden, E. H., & Pols, E. (2006). Meditation on a Prisoner Philosophy and Phenomenological Research, [DOI: 10.2307/2107200](https://doi.org/10.2307/2107200)
- Matko, K., Sedlmeier, P., & Bringmann, H. C. (2021). Differential effects of ethical education, physical hatha yoga, and mantra meditation on well-being and stress in healthy participants—an experimental single-case study [Frontiers in Psychology, 12, 672301](https://doi.org/10.3389/fpsyg.2021.672301)
- Matko, K., Sedlmeier, P., & Bringmann, H. C. (2021). What makes yoga effective? Differential effects of ethical education, physical yoga, and mantra meditation on well-being and stress [DOI: 10.31234/osf.io/nr2qg](https://doi.org/10.31234/osf.io/nr2qg)
- National Cancer Institute (2020) Meditation-Based Stress Reduction Programme [DOI: 10.32388/7ejmnh](https://doi.org/10.32388/7ejmnh)
- Newberg, A. B., & Yaden, D. B. (2018). The neurobiology of meditation and stress reduction. [DOI: 10.1093/med/9780190690557.003.0004](https://doi.org/10.1093/med/9780190690557.003.0004)
- Newman, L. (2006). The Fourth Meditation Philosophy and Phenomenological Research, [DOI: 10.2307/2653783](https://doi.org/10.2307/2653783)
- Nolen-Hoeksema, S. (2012). Emotion regulation and psychopathology: the role of gender *Annual review of clinical psychology*, 8, 161–187.
- Palinkas, L. A., Horwitz, S. M., Green, C. A., Wisdom, J. P., Duan, N., & Hoagwood, K. (2015). Purposeful Sampling for Qualitative Data Collection and Analysis in Mixed Method Implementation Research *Administration and Policy in Mental Health and Mental Health Services Research*, 42(5), 533–544.

- Salovey, P., & Mayer, J. D. (1990). Emotional intelligence. *Imagination, cognition, and personality*, 9(3), 185-211.
- Szekeres, R. A., & Wertheim, E. H. (2014). Evaluation of Vipassana Meditation Course Effects on Subjective Stress, Well-Being, Self-Kindness, and Mindfulness in a Community Sample: Post-course and 6-Month Outcomes *Stress Health*, 10(1002), smi.2562. [DOI: 10.1002/smi.2562](https://doi.org/10.1002/smi.2562)
- Szekeres, R. A., & Wertheim, E. H. (2014). Evaluation of Vipassana Meditation Course Effects on Subjective Stress, Well-Being, Self-Kindness, and Mindfulness in a Community Sample: Post-course and 6-Month Outcomes *Stress Health*, 10(1002), smi.2562.
- Tarrant, J. (2020). Neuromeditation is the science and practice of combining neurofeedback and meditation for improved mental health. *Smart Biofeedback: Perspectives and Applications*
- Vasudevan, M. V. (2003). *Meditation and its Practise in Emotional Stress* (1st ed., pp. 11), College of Family Physicians of Canada, ISBN: 9788180610271. DOI: 10.5005/jp/books/10257_25
- Weinstein, R. (2020). North American Yoga Practitioners Lived Experiences of Mind-Body Connection: A Phenomenological Study DOI: 10.17761/2020-d-19-00043
- Wisner, B. L. (2017). Benefits of Mindfulness and Meditation for Adolescents. DOI: 10.1057/978-1-349-95207-6_3
- Hilton, L. G., Marshall, N. J., Motala, A., Taylor, S. L., Miake-Lye, I. M., Baxi, S., Shanman, R. M., Solloway, M. R., Beroes, J. M., & Hempel, S. (2019). Mindfulness meditation for workplace wellness: An evidence map. *Work: Journal of Prevention, Assessment & Rehabilitation*, 63 (2), 205–218