

Promotion of Psychosocial Well-being in New Mothers Through Mindfulness-Based Cognitive Therapy †

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Abstract: Physical health, mental health, emotional life (feelings, thoughts, beliefs, attitudes), and social life (relationships, attitudes, cultural values, and the effects of family, school, peers, and community) affects the psychosocial well-being of individuals stated by WHO. To understand the circumstances, Mindfulness-Based Cognitive Therapy (MBCT) involves mindful breathing, mindful walking, mindful smiling, and deep looking. Understanding, acceptance, love, compassion, and a desire to alleviate pain and create joy are always the benefits of being attentive, touching the present moment intimately. MBCT has evolved into something that can help with a wide range of concerns, including anxiety, stress, depression, overwhelm, and frustration, as well as behavioral issues like anger control. It's also a great approach to live a more mindful life. MBCT therapists employ these strategies to teach clients how to break free from negative thought patterns that might lead to a depressed state, allowing them to battle depression before it takes hold. It's a method of being in the world as well as a practice. This study is planned as a quasi-experimental study to see if mindfulness training, including balanced nutrition, physical activity, self-care, positive affirmations, self-introspection, stress-relieving exercises, and meditation, can help new moms improve their psychological well-being.

Keywords: mindfulness therapy; psychological; psychosocial well-being; mindful.

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Conflicts of Interest

All the authors declare that no personal interest was involved in the course of study/there is no conflict of interest.