

# Mindfulness and aging

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## **Mindfulness and aging** Exploring mechanisms and interventions

Lotte Berk, 22 maart 2019

1. Mindfulness is both a trait and a state. (this thesis)
2. Mindfulness training can support people with early stage dementia, and their partners. (this thesis)
3. The experience sampling method is a mindfulness exercise in and of itself. (this thesis)
4. Increased *awareness* without *non-reactivity* could have a negative impact on emotional distress. (this thesis)
5. The media portray mindfulness as either a cure-all or as nonsense. The truth, however, lies in the middle.
6. The health care system should embrace the shift from an emphasis on understanding disease pathology to improving quality of life while living with a disease.
7. Qualitative research is able to capture psychological mechanisms that may be missed by quantitative research.
8. Dementia prevention campaigns should message carefully to avoid promoting a public perception that places responsibility for the disease on the sufferer.
9. Mindfulness training (MBSR/MBCT) should be covered by health care insurance.
10. You can't share your life with a dog or a cat, and not know perfectly well that animals have personalities and mind and feelings. *Jane Goodall*
11. If you don't think your mind and your body are connected, then why do you have diarrhea when you're nervous? *Sarah Silverman*