



## Mindfulness and Its Role in Physical and Mental Health

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Deadline for manuscript  
submissions:

**closed (31 July 2023)**

### Message from the Guest Editor

Mindfulness can be defined as being a non-judgmental and open-minded attitude about the experience of the moment. Mindfulness can be promoted through mindfulness training, such as mindfulness meditation, yoga, and Tai Chi, and it has recently been reported that mindfulness-based interventions (MBIs) play an important role in improving physical as well as mental health. In addition, due to the recent outbreak of the COVID-19 pandemic and the development of information and communication technology, non-face-to-face mindfulness training is also becoming popular. This Special Issue plans to give an overview of the most recent advances in the field of mindfulness in physical and mental health. Potential topics include, but are not limited to: physical or mental health benefits of MBIs; the role of MBIs in the clinical population (such as patients with cancer); the role of MBIs in the non-clinical population (such as workers); therapeutic mechanisms of MBIs; the link between dispositional mindfulness and physical or mental health; cases of newly developed and tried MBIs; cases of MBIs introduced in the medical field.





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## Message from the Editor-in-Chief

Addressing the environmental and public health challenges requires engagement and collaboration among clinicians and public health researchers. Discovery and advances in this research field play a critical role in providing a scientific basis for decision-making toward control and prevention of human diseases, especially the illnesses that are induced from environmental exposure to health hazards. *IJERPH* provides a forum for discussion of discoveries and knowledge in these multidisciplinary fields. Please consider publishing your research in this high quality, peer-reviewed, open access journal.

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