Theory/Modality Compare and Contrast

[Name of the Writer]

[Name of the Institution]

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**Introduction**

Human mind is a complex structure that processes a number of thoughts and emotions at the same time. A person goes through a number of situations and conditions on a daily basis. Some of them are positive, some are negative, but every situation leaves a mark on the human mind. Sometimes these marks are short-lived, but other times, these marks or impacts go for a long time. When a person knows precisely what they are going through, it is called Mindfulness. Mindfulness is a state of non-judgmental, moment-by-moment awareness of the exact location and position of one’s own mental and physical condition (Langer, & Ngnoumen, 2017). These conditions include thoughts, feelings, emotions, physical sensations, and the surrounding environment.

**Discussion**

**Theories or Modalities of Mindfulness**

There are multiple theories or modalities of the concept of mindfulness, that link it to the wellness or mental well-being of a person. There are various theories or ways in which mindfulness can be practiced. One of the most popular and most useful methods is meditation. Many people, including many experts and psychologists, believe that mediation is the key to mindfulness. It leads to a better way of living life. Moreover, the second modality of mindfulness is attention. Attention means to get complete control of the mind and have a clear and vivid form of thought.

**Relation to Mental Wellness**

Practicing mindfulness can be a great source of peace and calmness for the human brain. Meditation and attention both can prove to be extremely beneficial in curing complex mental disorders like stress, anxiety and even depression. These practices can trigger the attitudes of acceptance and openness in an individual (Shapiro, Carlson, Astin, & Freedman, B. (2006). Although it can sound a little strange that how can simple practices like meditation and attention help in the resolution of complex mental health disorders, it has been proven through rigorous experimentation and various research studies.

**How these modalities make it unique to the Lifespan personal wellness plan**

 Considering at a personal level, I also have a personal wellness plan that I intend to adopt to achieve mental wellness in my life. I have accessed that in order to achieve my mental health goals, I need to follow some simple practices that would prove to be very beneficial and efficient in case of my mental health. I have made a wellness plan in order to cater to my stress and anxiety issues in which meditation and attention can assist me a lot.

**How these unique approaches could impact my own personal plan**

These practices of mindfulness can help me a lot in calming down my mind and fighting with issues like stress and anxiety. Mediation and attention can help me in controlling my emotions and regulating my thoughts in a much better way. Moreover, these practices help in understanding my mind and thoughts in a much better way. These practices can help me untangle my complex thoughts and make decisions quickly. Meditation will also help me to wade away negativity from me and focus more appropriately on necessary things. Ultimately, the end result of all these practices would be better and happy mental health.

**Conclusion**

In a nutshell, it can be seen that mindfulness is an extremely important and crucial factor in the life of an individual. A person needs to be aware of their current mental and physical state in all cases. There are a number of theories or modalities to achieve mindfulness but the most popular and useful ones have been found to be meditation and attention. I also intend to use these practices in my daily life in order to achieve my personal goals of mental health.

**References**

Langer, E. J., & Ngnoumen, C. T. (2017). Mindfulness. In *Positive Psychology* (pp. 95-111). Routledge.

Shapiro, S. L., Carlson, L. E., Astin, J. A., & Freedman, B. (2006). Mechanisms of mindfulness. *Journal of clinical psychology*, *62*(3), 373-386.