



## Mindfulness in Healthcare

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### Message from the Collection Editors

This Special Issue of Healthcare will focus on mindfulness in healthcare and mindful self-compassion. Mindfulness is known to positively impact numerous measures of personal health, including stress, anxiety, and depression, and improve mental and physical health. Mindfulness-based interventions have been effective in relieving pain and other symptoms, supporting and enhancing resilience, and improving academic success. We welcome papers exploring the cognitive and neurobiological mechanisms underlying the benefits of mindfulness and mindfulness self-compassion training; and mindfulness-based interventions to improve stress, resilience, and general well-being for both patients and healthcare staff and the impact of innovative mindfulness training programs in healthcare. We will feature original research and include interesting clinical studies, reviews, short reports, narratives, and opinion pieces from researchers interested in this research topic.





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## Message from the Editor-in-Chief

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