



## Health and Mindfulness: A Christian Approach

Guest Editor:

**Dr. Regina Chow Trammel**

Department of Social Work,  
Azusa Pacific University, Azusa,  
CA 91702, USA

Deadline for manuscript  
submissions:

**closed (15 June 2022)**

### Message from the Guest Editor

Dear Colleagues,

Mindfulness often draws from secular or Buddhist-based concepts and practices within the research community, practice realm, and, even more broadly, popular culture. This is important and necessary. However, the Christian religion can be foundational to the concepts, skills, and aims of mindfulness. How do we define a Christian approach to mindfulness? What are the important Christian spiritual practices that help define a Christian approach to mindfulness? What are the health benefits of a Christian approach to a mindfulness-based intervention?

For this Special Issue, we welcome a broad range of manuscripts, including research articles, conceptual and theoretical articles, and book reviews, that address any aspect of a Christian approach to mindfulness and its application to health and behavioral health outcomes. The papers selected will be designed to benefit anyone interested in the intersections of Christianity, mindfulness, and health.

### Keywords:

mindfulness  
Christian research  
health outcomes  
behavioral health.





## Editors-in-Chief

### **Prof. Dr. Arndt Büsing**

Professorship Quality of Life,  
Spirituality and Coping, Faculty  
of Health, Witten/Herdecke  
University, Gerhard-Kienle-Weg 4,  
58313 Herdecke, Germany

### **Prof. Dr. Klaus Baumann**

Caritaswissenschaft und  
Christliche Sozialarbeit,  
Theologische Fakultät, Albert-  
Ludwigs-Universität Freiburg,  
Platz der Universität 3, D-79098  
Freiburg, Germany

## Message from the Editorial Board

Fresh developments in the disciplines that consistently make significant contributions to our understanding of religious personality, authority, devotion, and community - disciplines ranging from psychology, sociology, and anthropology to history, art history, philosophy, literary criticism, and political science – fuel general, as well as scholarly, interest in the world's religions.

*Religions* is inviting innovative and comparative contributions. Please consider Religions as an exceptional, exciting enterprise ready to reward your trust, attention, and participation.

## Author Benefits

**Open Access:** free for readers, with [article processing charges \(APC\)](#) paid by authors or their institutions.

**High Visibility:** indexed within [Scopus](#), [AHCI \(Web of Science\)](#), [ATLA Religion Database](#), [Religious and Theological Abstracts](#), and [other databases](#).

**Journal Rank:** [CiteScore - Q1 \(Religious Studies\)](#)

## Contact Us

---

Religions Editorial Office  
MDPI, Grosspeteranlage 5  
4052 Basel, Switzerland

Tel: +41 61 683 77 34  
[www.mdpi.com](http://www.mdpi.com)

[mdpi.com/journal/religions](http://mdpi.com/journal/religions)  
[religions@mdpi.com](mailto:religions@mdpi.com)  
[X@Religions\\_MDPI](https://x.com/Religions_MDPI)