



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.





an Open Access Journal by MDPI

Editors-in-Chief

Prof. Dr. Arndt Büssing

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, St. Alban-Anlage 66
4052 Basel, Switzerland

Tel: +41 61 683 77 34
www.mdpi.com

mdpi.com/journal/religions
religions@mdpi.com
[X@Religions_MDPI](#)