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The Third Metric

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Mindfulness Could Make You Less Swayed By Immediate Rewards

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Mindfulness could help you to be less swayed by immediate rewards, a new study suggests.

A study in the [journal Emotion](#) shows that people high in mindfulness have less brain activity in response to positive feedback. Mindfulness is the act of nonjudgmental focus on the present moment.

"These findings suggest that mindful individuals may be less affected by immediate rewards and fits well with the idea that [mindful individuals are typically less impulsive](#)," study researcher Rimma Teper, a Ph.D. candidate at the University of Toronto Scarborough, said in a statement.

For the study, researchers tracked brain activity of study participants using electroencephalography as they completed a computer task that involved receiving positive, neutral or negative feedback. Researchers found that participants high in mindfulness showed less brain response to rewarding feedback when compared with other study participants.

A study published earlier in the British Journal of Health Psychology also showed that mindfulness had benefits for self control. In that research, using mindfulness strategies seemed to [help people resist sweets](#), Scientific American reported.

In addition, a study conducted by University of Utah researchers showed that mindfulness is associated with [greater emotional stability](#) and self-control over emotions.

Filed by Amanda L. Chan |

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I'm not sure that there is a better way to deal with the chaos of modern life than mindfulness. I think we are only beginning to understand how powerful it is, and how much we can benefit from it in the future.

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