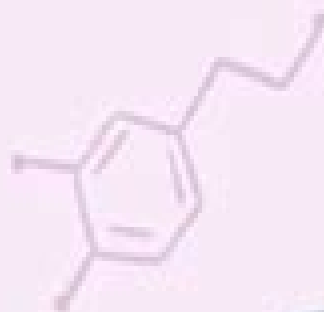


Key Components of MINDFULNESS-BASED COGNITIVE THERAPY



1 Mindfulness Exercises:
Promote awareness of the present, reducing negativity and improving emotional balance.

2 Body Scan:
Focus on bodily sensations to relax and identify tension.

3 Mindful Breathing:
Concentrate on breath to stay present and ease anxiety.

4 Group Discussions:
Share experiences for support and better mindfulness understanding.



Mindfulness Based Cognitive Therapy For Depression

Rachel S Tattersall



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