The culture of mindfulness is gaining more and more popularity in contemporary life where every minute matters and mental health gets due recognition.This is shown through fMRI studies that conclude that mindfulness practice causes physical and functional alterations in areas of the brain linked to emotional control and self-consciousness, like the prefrontal cortex and insula (Tang et al., 2015) These neural changes may underlie the observed improvements in mood and emotional resilience following mindfulness practice.

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