

# Mindfulness & Social Work

What is  
Mindfulness?

Research on mindfulness and  
compassion-based practices  
has shown that these practices  
can help reduce stress, improve  
mood, and enhance overall  
well-being. (Langer, 1988, p. 17)

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Research on self-compassion and  
compassion-based practices  
has shown that these practices  
can help reduce stress, improve  
mood, and enhance overall  
well-being. (Langer, 1988, p. 17)

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Research on mindfulness and  
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can help reduce stress, improve  
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Research on mindfulness and  
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What is Compassion?

Research on  
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has shown that these  
practices can help  
reduce stress, improve  
mood, and enhance  
overall well-being.

# Mindfulness And Social Work

**Matthew S. Boone**



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