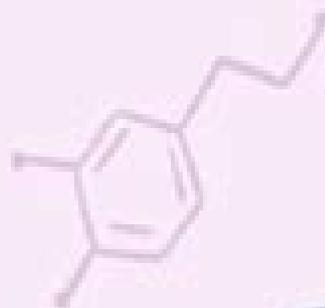


# Key Components of MINDFULNESS-BASED COGNITIVE THERAPY



**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

**SB Merriam**

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