

# REVIEW ARTICLE ON MINDFULNESS, SELF-COMPASSION, AND WELLBEING: A WAY OF EXPLORING INTERCONNECTIONS AND IMPLICATIONS

<sup>1</sup>\*Hajra Dar and <sup>2</sup>Uzma Rani

<sup>1</sup>The GIFT University Gujranwala

<sup>2</sup>Capital University of Science and Technology, Islamabad

\*Correspondence: [hajradar00@gmail.com](mailto:hajradar00@gmail.com)

**ABSTRACT:** *Background:* This review article investigates the interconnection between mindfulness, self-compassion, and other aspects of wellbeing, such as psychological wellbeing (PWB), subjective happiness, and positive affect. This study, which draws on prior research, proposes beneficial connections between these concepts and seeks to advance knowledge of how flourishing might result in a positive feedback loop of enhanced mental health and general wellbeing. *Objectives:* This review article aims to build on earlier work by exploring the connections between several flourishing-related factors. It is predicted that self-compassion, wellbeing, and mindfulness will all be favorably correlated. The second hypothesis is that there will be a positive correlation between PWB wellbeing indices, subjective happiness, and positive affect. *Conclusion:* The review findings strongly underscore the importance of nurturing aspects of flourishing for comprehensive mental and emotional wellness. The implications of these findings for research and practice are discussed.

**Keywords:** mindfulness, self-compassion, wellbeing, psychological wellbeing, subjective happiness, positive affect, interconnections, virtuous cycle.

## 1. INTRODUCTION

Psychologists are becoming more interested in the advantages of these approaches as compassion-focused research and literature develop, particularly in the area of psychotherapy [7]. An essential component of successful psychotherapy is compassion. As Finlay-Jones [15] has noted, compassion is necessary for therapists to improve their personal and professional well-being. Compassion is also a goal of good treatment for clients and a crucial procedure. Literature links self-compassion to happy emotions, well-being, life satisfaction, and positive affect. Self-compassion and wellbeing are closely linked, according to a meta-analysis on the subject [8].

Feeney and Collins [16] claim that social support improves emotion regulation and increases positive affect while decreasing negative affect. Additionally, social support encourages acceptance and successful coping when dealing with stressors, i.e., obstacles and issues are seen as manageable and transient [16]. These social support systems mimic mindfulness. Social support may help one stay grounded and focused on the present rather than being alone and dwelling on the past or the future.

In addition, studies on the effectiveness of self-compassion meditation for treating certain issues have been conducted [6, 14]. These studies include treatments for body dissatisfaction and the psychological and metabolic symptoms of diabetes. Clinical case reports and uncontrolled pilot study findings have both pointed to the advantages of the MSC Program [16, 13].

The warm side of mindfulness is referred to as heartfulness, and two variables can depict this quality since they mix a loving attitude with awareness-related elements. One factor is gratitude, which can be seen as a key component of heartfulness toward others. The other is self-compassion, defined as being kind and compassionate toward oneself [3]. These two factors ought to be crucial in understanding how mindfulness and wellbeing are related. Gratitude is positively associated with mindfulness and can be one of its benefits, according to earlier research [4, 5].

As a result, mindfulness might be a mechanism that explains the connection between psychological well-being and

perceived social support. Several studies have looked at the connection between social support and mindfulness. Both studies discovered a favorable correlation between mindfulness and perceived social support. However, mindfulness outperformed social support as a predictor of psychological well-being and emotional adjustment [1, 2]. According to these studies, trait mindfulness and perceived social support are related, and mindfulness may be a more important factor in determining well-being than social support. It is still unclear, though, whether mindfulness explains at least some of the relationship between perceived social support and well-being.

## 2. METHODOLOGY

This review paper carried out a descriptive review of literature on mindfulness, self-compassion, and wellbeing as a way to explore interconnections and implications in the field. The literature covers mostly the time between 2013 and 2018, while a few review documents have been carefully selected from the preceding period to lay the foundation for the review. This review utilized academic search engines and databases such as Scopus, Web of Science, JSTOR, and Google Scholar to discover a broad range of literature. Key terms used to obtain research data, among others, were self-compassion, wellbeing, psychological wellbeing, subjective happiness, positive affect, interconnections, and the virtuous cycle.

## 3. DISCUSSION

The results of the research support the relationships between self-compassion, mindfulness, and many aspects of wellness. These findings are consistent with other research, which indicates that people who perform well in these areas are probably going to have good mental health outcomes [10, 12]. This study supports the idea that flourishing occurs in a virtuous cycle, whereby increases in one area of wellbeing can lead to improvements in others.

The results of the first hypothesis are in line with previous research, as mindfulness, self-compassion, and wellbeing have been linked in several studies [10, 12]. This implies that flourishing is a positive cycle and that achieving high scores

on these metrics is probably related to other positive results. They also have a lower likelihood of having mental health problems and a lower likelihood of having low levels of negative well-being markers, according to the idea of thriving [17].

Given the connections between PWB, subjective happiness, and positive affect that were discovered, the results of the second hypothesis were likewise anticipated. The significance of the distinctions between these conceptions is a topic of discussion [11]. This study reveals very significant correlations between them, although these correlations are below the level of multicollinearity, while Chen et al., [11] more thorough examination revealed differences.

#### 4. LIMITATIONS AND FUTURE DIRECTIONS

One should be aware of the study's limitations. In this review study, self-reported metrics were used. In future research, behavioral, other reported, or physiological measures might be used. This study's cross-sectional design has limitations. Future research might use a longitudinal, time-lag, or experimental design. Only the global level of the PWB scale was looked at in this study. Future research might look at PWB at the facet level. Participants in this study came primarily from Western backgrounds. To assess whether the findings are generally applicable, more study needs to be done in a variety of nations. Future research could adopt more comprehensive methodologies, integrating behavioral, physiological, and cross-cultural perspectives. Longitudinal and experimental designs may offer further insights into the dynamic interplay between mindfulness, self-compassion, and wellbeing.

#### 5. CONCLUSION

The results highlight the potential for a positive feedback loop within the realms of thriving and make the case for fostering these qualities to promote full mental health and general welfare. These insights are crucial for researchers, experts, and decision-makers who are advancing holistic mental and emotional wellness. A correlation analysis was used to evaluate Hypothesis 1, which states that mindfulness and self-compassion will be positively connected to well-being. It was discovered that PWB, subjective happiness, and positive affect all had a strong positive connection with mindfulness. Additionally, it was discovered that PWB, subjective happiness, and positive affect all had a substantial positive association with subjective happiness.

Using a correlation analysis, hypothesis 2, that well-being constructs will be positively related, was examined. It was discovered that PWB had a significant positive association with both positive affect and subjective happiness. Additionally, it was discovered that positive affect and subjective happiness were closely related.

The study's findings validate the linkages between mindfulness, self-compassion, and different dimensions of wellbeing. These outcomes align with prior research, suggesting that individuals who excel in these domains are likely to experience favorable mental health outcomes (Campos et al., 2016; Hollis-Walker & Colosimo, 2011). This study reinforces the notion of a virtuous cycle within

flourishing, where enhancements in one aspect of welfare can contribute to improvements in others.

#### 6. REFERENCES:

1. Mettler, J., Carsley, D., Joly, M., & Heath, N. L. (2017). Dispositional mindfulness and adjustment to university. *Journal of College Student Retention: Research, Theory & Practice*. <https://doi.org/10.1177/1521025116688905>.
2. Klainin-Yobas, (2016). Examining the predicting effect of mindfulness on psychological wellbeing among undergraduate students: A structural equation modeling approach. *Personality and Individual Differences*, 91, 63–68. <https://doi.org/10.1016/j.paid.2015.11.034/>
3. Rosenzweig, D. (2013). The sisters of mindfulness. *Journal of Clinical Psychology*, 69, 793–804. <https://doi.org/10.1002/jclp.22015>
4. Seear, & Vella-Brodrick, D. A. (2013). Efficacy of positive psychology interventions to increase well-being: Examining the role of dispositional mindfulness. *Social Indicators Research*, 114, 1125–1141. <https://doi.org/10.1007/s11205-012-0193-7>
5. Carlson, L. E. (2015). The mindfulness-to-meaning theory: putting a name to clinical observations. *Psychological Inquiry*, 26, 322–325. <https://doi.org/10.1080/1047840X.2015.1075353>
6. Albertson, E. R., Neff, (2015). Self-compassion and body dissatisfaction in women: A randomized controlled trial of a brief meditation intervention. *Mindfulness*, 6(3), 444–454. <https://doi.org/10.1007/s12671-014-0277-3>
7. Kirby, Tellegen, Cilbert., & Steindl, (2017). A meta-analysis of compassion-based interventions: Current state of knowledge and future directions. *Behavior Therapy*, 48(6), 778–792. <https://doi.org/10.1016/j.beth.2017.06.003>
8. Zessin, U., Dickhäuser, O., & Garbade, S. (2015). The relationship between self-compassion and well-being: A meta-analysis. *Applied Psychology: Health and Well-Being*, 7(3), 340–364. <https://doi.org/10.1111/aphw.12051>
9. Finlay-Jones, (2017). A pilot study of the 8-week mindful self-compassion training program in a Chinese community sample. *Mindfulness*, 9, 1–10. <https://doi.org/10.1007/s12671-017-0838-3>
10. Campos, et al, (2016). Meditation and happiness: Mindfulness and self-compassion may mediate the meditation–happiness relationship. *Personality and Individual Differences*, 93, 80–85. <https://doi.org/10.1016/j.paid.2015.08.040>
11. Chen, et al, (2013). Two concepts or two approaches? Bifactor analysis of psychological and subjective well-being. *Journal of Happiness Studies*, <https://doi.org/10.1007/s10902-012-9367-x>
12. Hollis-Walker, L., & Colosimo, K. (2011). Mindfulness, self-compassion, and happiness in non-meditators: A theoretical and empirical examination. *Personality and Individual Differences*,

- 50(2), 222–227.  
<https://doi.org/10.1016/j.paid.2010.09.033>.
13. Neff, (2013). The development and validation of a scale to measure self-compassion. *Self and Identity*, 2(3), 223–250.  
<https://doi.org/10.1080/15298860309027>.
14. Friis, Cutfield, Consedine, (2016). Kindness matters: A randomized controlled trial of a mindful self-compassion intervention improves depression, distress, and HbA1c among patients with diabetes. *Diabetes Care*, 39(11), 1963–1971.  
<https://doi.org/10.2337/dc16-0416>
15. Finlay-Jones, A., Xie, Q., Huang, X., Ma, X., & Guo, X. (2017). A pilot study of the 8-week mindful self-compassion training program in a Chinese community sample. *Mindfulness*, 9, 1–10.  
<https://doi.org/10.1007/s12671-017-0838-3>
16. Feeney, & Collins, (2017). A new look at social support: A theoretical perspective on thriving through relationships. *Personality and Social Psychology Review*, 19, 113–147.  
<https://doi.org/10.1177/1088868314544222>
17. Huppert, & So, (2013). Flourishing across Europe: Application of a new conceptual framework for defining well-being. *Social Indicators Research*, 110(3), 837–861.  
<https://doi.org/10.1007/s11205-011-9966-7>.