

Mindfulness in Smart Way with SMRTI an Android Application

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Abstract –In this competitive era we are experiencing increased levels of anxiety and perfectionism which in turn results in stress, emotional outbursts, health hazardous or depressions. It becomes difficult to focus in the present moment as our mind is engaged with so many thoughts. As a solution for this various online Mindfulness apps are available however when we analyzed them, we realized they are restricted to only some musical therapies or mistaking it with Meditation. We have come up with a solution on this with our app which helps to declutter our thoughts and focus in the present moment. As if we will not create a space in our mind, we won't be able to learn/ adapt or be in the moment where we can give our 100%.

Key Words: Mindfulness, Local Language Support, Open Source, Self-Driven System, Thinking, Deculturing.

1. INTRODUCTION

1.1 What is mindfulness?

Humans –the most advanced species on Earth have an inclination towards spending all time either analysing and thinking about the past or planning for the future. As a result, we miss out on what is going on around us.

Mindfulness helps us increases awareness and bringing the mind and body to focus on the present. The heightened awareness helps in switching from an auto pilot mode and taking responsibility and control of the actions and emotions and responding mindfully.

1.2 Benefits of mindfulness

- Improves self-perception and expands the sense of identity (self).
- Teaches you to be in the present and thereby improves resilience, reduces stress and improves overall quality of life.
- Improves overall wellbeing and happiness.
- Increases span of attention and focus and thereby enhances the performance.
- Teaches to detach from emotions. You are experiencing an event/emotion and thereby bring about self-regulation of emotions.
- Better decision making and interpersonal skills.

2. LITERATURE SURVEY

Mindfulness is the phenomenon by which we controlling and reestablish ourselves. Consider, for example: a magician who grazes his physique into numerous parts and places individually part in a diverse region—hands in the north, arms in the south, legs in the west, head in east, and then by some astonishing power lets forth a cry which reconvenes entire part of his body.

Mindfulness is like that—it is the process of decluttering the thoughts by which we can call back our dispersed mind and reinstate it to [1].

Mindfulness has been hypothetically and empirically linked with psychological well-being. The elements of mindfulness, specifically awareness and indulgent acceptance of one's moment-to-moment involvement, are regarded as possibly operative antidotes against common forms of emotional agony – rumination, anxiety, worry, fear, anger, and so on – numerous of which comprise the maladaptive propensities to avoid, overpower, or over-engage with one's distressing thoughts and emotions [2],[3].

Along with this growth, there has been much hypothetical and experiential work exemplifying the influence of mindfulness on psychological health. The goal of this paper is to offer a complete narrative review of the paraphernalia of mindfulness on psychological health.

The word mindfulness may be used to describe a psychological trait, a practice of cultivating mindfulness (e.g., mindfulness meditation), a style or state of awareness, or a psychological process [4]. Toward minimize thinkable confusion, we simplify which meaning is intended in each context we describe [5]. One of the utmost frequently cited classifications of mindfulness is the awareness that arises through “paying attention in a particular way: on purpose, in the present moment, and nonjudgmentally” [6]. Descriptions of mindfulness provided by most other researchers are similar.[7], for example, defines mindfulness as “the nonjudgmental opinion of the ongoing stream of internal and external provocations as they arise”. Though some investigators emphasis almost exclusively on the attentional aspects of mindfulness [8], which projected that mindfulness comprehends two components: self-regulation of attention, and adoption of a specific direction towards one's understandings. Self-regulation of attention refers to nonelaborative reflection and awareness of sensations, feelings, or moods from-moment to-moment. It requires individually the capability to anchor one's consideration on

what is occurring, and the ability to deliberately switch attention from one aspect of the experience to another.

A significant literature, including organized reviews, provisions mindfulness-based practices in the managing of emotions and improved cognition [9, 10, 11, 12]. Mindfulness exercise has thus been adopted by many sectors across an extensive range of contexts counting education, workplace, health care practices, and recuperation centers [13, 14].

Self-report trials of state and peculiarity mindfulness are commonly used as result measures. However, there has been a growing need to better understand associated neural mechanisms given the potential health benefits [15, 16]. It is widely accepted that the human brain is capable of reorganization and the cohort of functional connections to reimburse for deficits caused by injury, disease and aging [17] and advances in neuroimaging have contributed to thoughtful the supporting mechanisms of neuroplasticity and skill learning [18,19,20]. Accordingly, neuroimaging proposals an opportunity to investigate the neural reorganization linked with mindfulness exercise.

A current methodical review supported Mindfulness-Based Interventions (MBIs) in modulating numerous brain regions concerned in the pathophysiology of depression, (e.g., prefrontal cortex, basal ganglia, cingulate and parietal cortices) and intellectual processes, such as self-awareness, sustained attention, visual-spatial memory, working memory and emotion regulation.

2.1 Related Work

2.1.1 The Mindfulness App

The Mindfulness App opens up a globe of trained guided meditations. It helps user towards a more inert and restored state of mind.

Features:

- It provides five-day course for mindfulness.
- It gives timed sessions to users with guided and silent meditations from duration of 3 to 30 minutes.
- It provides customizable meditation with guided introduction, bells and nature sounds.
- It provides the track of user mindfulness journey.

Limitations:

- It offers the features on trial basis for free.
- This app is more centric to meditation.
- It is having minimal language support.
- This app is more for the towards the consultant.
- Most of feature are chargeable.

2.1.2 Aura Mindfulness App

Aura is the best clarification to reducing stress and increasing positivity through 3-minute meditations, modified by AI.

Features:

- It provides lighten stress & worry with a 3-minute guided meditation session every day.
- It provides to listen the meditations expressly created for user feelings, whenever user need.
- It tracks user atmosphere, learn about user atmosphere patterns, and visually see yourself improve
- It takes a mind full break whenever user need.
- It gives day by day reminders for mind full breathers and mediation.
- Integrated with Apple Health

Limitations:

- This app is more centric to meditation.
- It is having minimal language support.

2.1.3 Mindfulness Coach

It offers a library of info about mindfulness (for eg. "What is Mindfulness?", "How to Anchor Your Attention"), 12 audio-guided mindfulness trainings and a growing catalog of additional exercises available for free download, goal-setting and tracking, a mindfulness mastery assessment to help you track your progress over time, customizable reminders, and access to other support and crisis resources. Its only for concentric towards educated people and limited in context of local language support.

2.1.4 Mindfulness: Guided Meditation for Stress, Anxiety

This app contains the guided mindfulness meditation audio curate for maximum relaxation, fight stress, anxiety, panic attack, procrastination and gives you clarity and peace of mind.

Limitations:

- This app is more centric to meditation.
- It is having minimal language support.
- It contains auditory files for meditation.

2.1.5 Mindfulness - Relaxing Music for Meditation

This app comprises the best music for Meditation, Sleep and Relax!

Limitations:

- This app is more centric to meditation.
- It is having minimal language support.
- It contains auditory files for meditation.

2.1.6 Mindfulness Guided Meditation

This application will help user to practice meditation with a series of audios adapted to the different needs of user's everyday life. It will guide user from the beginning to an advanced level.

Limitations:

- This app is more centric to meditation.
- It is having minimal language support.
- It contains auditory files for meditation.

Taxonomy Chart is tabular exposé of the study of the existing application for better analysis with proper parameter.

Parameters	Attention	Thinking	Understanding	Applying	Analyzing	Creative	Remembering	Language
Source/Apps								
Mindfulness App	X	√	√	√	√	√	√	X
Mindfulness Coach	√	√	X	X	√	√	√	X
Mind Bell(Mindfulness Bell & Meditation Timer)	X	√	X	X	√	√	√	X
Aura: Mindfulness & Happiness	√	√	X	X	√	√	√	X
Proposed System-SMRTI(Mindfulness)	√	√	√	√	√	√	√	√

Chart -1: Taxonomy chart

3. EXISTING SYSTEM:

It's a composite diagram for all the surveyed system in respect to defining the problem statement. All the systems we have analyzed are working on either of two aspects as no login or social login.

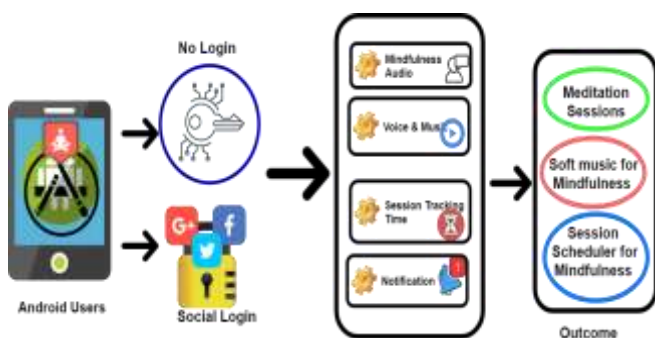


Fig -1: Existing System Architecture

They were only focused on meditation. They only considered some mindfulness audios, voices and background music, session tracking and notification.

4. PROPOSED SYSTEM:

Sample paragraph Define abbreviations and acronyms the first time they are used in the text, even after they have been defined in the abstract. Abbreviations such as IEEE, SI, MKS, CGS, sc, dc, and rms do not have to be defined. Do not use abbreviations in the title or heads unless they are unavoidable.

After the text edit has been completed, the paper is ready for the template. Duplicate the template file by using the Save As command, and use the naming convention prescribed by your conference for the name of your paper. In this newly created file, highlight all of the contents and import your prepared text file. You are now ready to style your paper.

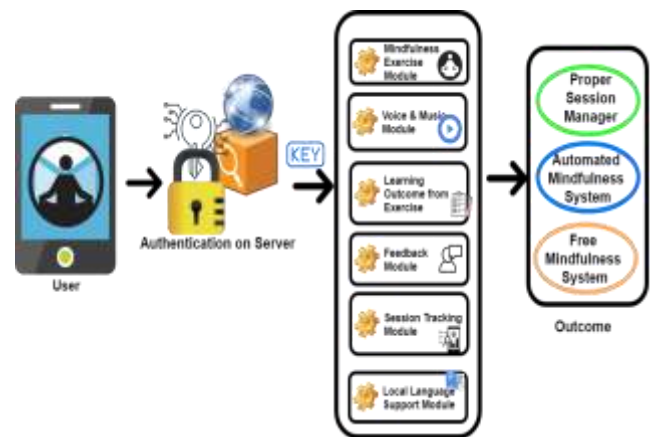


Fig -2: Proposed System Architecture

4.1 Mindfulness Exercise Module:

This module consists mindfulness exercises like Breathings, Body Scan, Grounding Yourself, Meditations, Letting your thoughts go out, Mindful eating etc. which will help us to be mindfulness.

4.2 Voice and Music Module:

Only Mindfulness exercise is not sufficient to be fully mindfulness activity. But it can be covered by adding some voices and soulful music to background.

4.3 Learning Outcome from Exercise Module:

This module has the outcome of the exercise we did. It is always better to have outcome of the exercise as it help us to stay on the track of the mindfulness session.

4.4 Feedback Module:

This module includes feedback and suggestions. This helps us to improve the productivity of our proposed system.

4.5 Session Tracking Module:

This module consists Session tracking of user. Overall user session is maintained in this module. How many sessions are covered by the user and what time, outcomes of the exercise etc. all are maintained here.

4.6 Local Language Support Module:

In this module the regional and local language support is given. This proposed system is used with maximum local languages. It will help people to understand all mindfulness activities easily and effectively.

3. CONCLUSIONS

With the help of this app we are offering a solution to all where we will be able to live every moment of our life Mindfully. It will help to reduce Stress and Make us content. It will Help us to deal with things with a non-judgmental approach. In order to be successful, we need to unlearn to learn. Our app will help us to do that and also it will track our acceptance towards it.

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