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## **Mindfulness, biofeedback, and health habits to optimize mood states and performance**

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**Statement of the Problem:** Mental health is directly related to both psychological and physiological factors. Rather than focus on the absence of positive mood, one can work towards happiness, while also treating anxiety and depressive symptoms through mind-body interventions. Furthermore, specific health habits can lead to optimal mood states and improvement in functioning and performance. These include exercise, nutrition, sleep, biofeedback-assisted stress management, and mindfulness skills. Research has revealed that unmanaged stress, anxiety, poor diet, sedentary lifestyles and sleep deprivation make it difficult to experience positive mood states. Given this information, one can achieve optimal functioning by learning habits to improve physiological and psychological states. In this presentation, we discuss three aspects to help individuals thrive and to improve well-being. Specifically, we discuss the use of mindfulness to improve mood and to reduce anxiety. In addition, biofeedback-assisted stress management therapy helps one to measure and decrease stress levels. Finally, body techniques inclusive of exercise, diet, laughter, and goal setting help one to optimize mood and to improve performance.

**Conclusion & Significance:** Research shows mindfulness, biofeedback-assisted stress management, and specific health habits improve well-being. The combination of these principles can lead clients to positive mood states and reduction in anxiety levels.

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