



Mindfulness in Agriculture: An Impact Analysis for Senegalese Farmers in Egypt

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Abstract

Mindfulness practices are increasingly being explored for their potential to improve mental health and well-being across diverse populations. This Policy Brief focuses on a specific application of mindfulness in agriculture, examining its impact on Senegalese farmers operating in Egypt. Participants were recruited through a participatory action research approach involving community engagement and farmer surveys. Workshops were conducted over two years (-), focusing on mindfulness techniques to enhance emotional regulation and stress management within the agricultural context. Participants reported significant improvements in their ability to manage daily farming pressures, with 75% noting a reduction in anxiety levels and an increase in productivity. Themes identified included improved decision-making under pressure and enhanced community cohesion through collective mindfulness practices. The findings suggest that mindfulness workshops can be effective tools for supporting mental health and enhancing agricultural resilience among rural farmers. However, further research is needed to validate these initial results and explore long-term impacts. Based on the study's outcomes, policy makers should consider incorporating mindfulness training into existing farmer support programmes. Additionally, there is a need for sustained community engagement in future initiatives to ensure sustainability and widespread adoption.

Keywords: *African geography, mindfulness training, cognitive-behavioural therapy, qualitative methodology, well-being assessment, rural development, community engagement*

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