

Systems analysis and design



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System analysis and design: Contemplative practices Q1. Exercising mindfulness Mindfulness is a precious skill that can be realized in many ways. According to research studies, mindfulness skills are effective in raising relaxation as well as coping skills in the face of stressful circumstances. There are numerous diverse ways in which mindfulness can be applied and used; this makes it a worldwide tool for people that use it. According to relaxation theory, relaxing self-talk, using muscle relaxation, and breathing exercises so as to “lessen stress, improve resistance to disease, recuperate from sickness, boost energy and stamina, and even develop insight, imagination, as well as spirituality. Sitting meditation along with the appliance of mindful awareness in daily activities can also be considered as mindfulness. Mindfulness can be used in children’s treatment to decrease anxiety as well as a coping means when we face emotional pain or distress. There are several methods of meditation: Yoga, breathing exercises, and guided meditations. In general, mindfulness can be used as a tool for improved self-care as well as professional growth.

Q2. Implementing strategies

Social Liberation

Social liberation needs an increase in social alternatives or opportunities, particularly for people who are quite oppressed or deprived. For example, empowerment procedures should be used to encourage people to use contemplative practices as a way of relieving stress. The benefits or advantages of deploying contemplation techniques in daily life should be advertised all over to so that people may log into the website and learn more about contemplation.

Removing obstacles

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So as implementation of contemplative practices system is effective, all obstacles that may hinder its users' accessibility should be removed. An example is a persuasive system which influences users' perceptions, behaviors, and various strategies towards different results and behavior change. The website should be easy to log into and view the practices. Besides, the web page should be attractive so as users can stay on the page for long time and also invite other friends to view the page. This will increase the effectiveness of the system.

Reinforcement Management or Use of Rewards

Reinforcement Management offers consequences for moving towards a positive direction. It relies more on reward than punishment. To deliver this contemplative system effectively, users are supposed to be reinforced by thanking them for using the “mindful” techniques in improving their cognition. For instance, those who book for yoga classes should be encouraged and given extra time or decreased payments so as to encourage them to attend more classes.

Q3. Reflection

The class discussions on contemplative media have made me understand that mindfulness is the practice of deliberately focusing my thoughts on the present moment and accepting it with no judgment. I have added mindfulness in my way of life in various ways. For instance, in times of stress I usually pause and concentrate at the present time. I often do this by reiterating a phrase or focusing on the breathing sensation, allowing the pageant of thoughts that inexorably arise to come and go. I as well use concentration meditation techniques, and other activities like tai chi or yoga. I find them very important in reducing my body's response to stress,

decreasing blood pressure and improving cognitive function.

There are four main elements of mindfulness that might account for its effects: body awareness, attention regulation, emotion regulation, as well as the sense of self. Mutually, these elements have helped me attend to as well as deal with the physiological and mental effects of stress in non-judgmental ways.

References

Satzinger, J. W., Jackson, R. B., & Burd, S. D. (2012). Systems analysis and design in a changing world. Boston, MA: Course Technology, Cengage Learning.