

# Therapeutic potential of Zen Buddhism and its practice in the Post-Anxiety Era

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This work explores the potential of Zen Buddhist practices such as meditation, mindfulness, and acceptance of life's variability, examining their application in contemporary psychotherapeutic programs like Mindfulness-Based Stress Reduction (MBSR). The study employs a concise theoretical analysis of key Zen concepts, including emptiness (*sunyata*), *satori* (enlightenment), *enso* (circle symbolizing the universe), and the focus on living in the present moment. Methodological tools such as systematization, comparative analysis, critical reflection, and cross-cultural perspectives bridge Zen Buddhism and modern psychotherapy. Empirical evidence supports the effectiveness of Zen practices in reducing anxiety by fostering awareness and cultivating inner peace. Techniques such as *zazen* meditation improve emotional resilience, reduce stress, and encourage the acceptance of uncertainty and life's natural fluctuations. These practices are particularly effective in addressing anxiety linked to fears of the future and a lack of control. Studies also highlight the impact of Zen practices on neurophysiological activity, showing improvements in brain function and overall psycho-emotional well-being. Programs like MBSR, which integrate meditative practices and mindfulness, demonstrate significant benefits in reducing anxiety symptoms and promoting mental health. However, their effectiveness can vary depending on individual factors, including commitment to practice and cultural adaptability. Despite these limitations, Zen Buddhism offers a holistic framework that complements conventional therapeutic methods.

In conclusion, Zen Buddhism provides valuable tools for managing anxiety in the post-anxiety era. Its meditation and mindfulness practices, rooted in centuries-old wisdom, have been scientifically validated as effective for reducing stress and improving emotional stability. Incorporating Zen principles into modern psychotherapeutic approaches can significantly enhance mental health, increase resilience to stress, and foster a sense of harmony with oneself and the world. These timeless practices offer a pathway to greater inner peace and well-being, addressing the urgent need for effective mental health strategies in today's fast-paced and uncertain world.

## KEYWORDS

*Zen Buddhism, anxiety, meditation, mindfulness, stress, psychotherapeutic practices, emotional resilience, post-anxiety era*

## Introduction

The relevance of this topic stems from multiple interconnected factors. In today's globalized world, the prevalence of anxiety and chronic stress is on the rise, driven by challenges such as information overload, the lingering effects of the pandemic, rapid digitalization, and economic and political instability. These factors underscore the urgent need for innovative approaches to reduce anxiety and foster emotional well-being.

The concept of the "post-anxiety era" has emerged as a socio-cultural phenomenon, reflecting a collective response to the pervasive stress and uncertainty of modern life. In this context, pursuing inner peace and balance has become a vital objective for individuals and societies alike. Zen Buddhism, with its philosophy of harmony and its array of meditative and mindfulness practices, provides valuable tools for achieving these goals.

The therapeutic potential of Zen Buddhist practices, particularly meditation and mindfulness, has gained significant recognition in Western culture, where they are increasingly integrated into psychotherapeutic approaches to address stress and anxiety. Therefore, analyzing this potential in the post-anxiety era is highly relevant and timely.

Numerous researchers have explored the phenomenon of Zen Buddhism in the West, with significant contributions made by D. T. Suzuki, S. Suzuki, and A. Watts (*Suzuki, 2022; Watts, 1989*). Scholarly works have addressed the doctrine of Zen, its foundational principles, practices, cultural-philosophical components, and connections with other cultural and religious trends (*Suzuki, 1970; Suzuki, 2020*).

Many studies have actively examined issues related to anxiety-particularly in the context of the COVID-19 pandemic and its consequences – traumatic disorders, and



methods of addressing these challenges through various approaches (Beck, 2018; Liu et al., 2020; Pfefferbaum & North, 2020). Research focused on the application of Zen Buddhism in psychotherapy, especially in the context of anxiety reduction, continues to develop (Kabat-Zinn, 2013).

In the past decade, there has been a growing interest in meditation and mindfulness as methods for combating psycho-emotional disorders, as evidenced by studies and programs (Crane et al., 2017) such as MBSR (Mindfulness-Based Stress Reduction) (Kabat-Zinn, 2003). Studies demonstrate the effectiveness of Zen practices in reducing stress, improving emotional resilience, and enhancing psycho-emotional well-being (Marchand, 2012). According to numerous studies, Zen meditation lowers cortisol levels and improves psychological well-being, underscoring its importance for mental health (Goyal et al., 2014; Marchand, 2012).

*Objective.* To explore the therapeutic potential of Zen Buddhism and its practices in the post-anxiety era.

*Tasks.* Introduce the problem of the "post-anxiety era." Examine Zen Buddhism's key religious and philosophical principles, such as emptiness, awakening, living "here-and-now," and the enso circle as a symbolic and practical representation of Zen philosophy, and analyze their impact on an individual's psycho-emotional state.

Assess the effects of Zen practices on anxiety by investigating the mechanisms through which Zen Buddhism contributes to anxiety reduction, with an emphasis on meditation and mindfulness. Provide a brief review of existing therapeutic programs, focusing on applying Zen practices within psychotherapeutic frameworks such as Mindfulness-Based Stress Reduction (MBSR) for reducing stress and anxiety. Review scientific evidence supporting the effectiveness of Zen practices in combating anxiety and stress.

Explore the adaptation of Zen Buddhism within Western anxiety treatment practices by studying potential cultural and methodological barriers to integrating Zen practices into the Western therapeutic system.

### Research methods

The study employed theoretical analysis, systematization, and synthesis of scientific data, as well as historical, comparative, semantic, hermeneutic, and dialectical approaches. Theoretical analysis focused on exploring key Zen Buddhist concepts, such as emptiness (sunyata), awakening (satori), the enso circle, and the moment of "here and now," alongside contemporary psychological and psychotherapeutic approaches that incorporate meditation and mindfulness.

The study examined the perception and adaptation of Zen practices in Western psychotherapy through cross-cultural comparison, considering their cultural and social dimensions. A systematic review of empirical research enabled the analysis of Zen practices' impact on reducing anxiety and stress levels and improving emotional resilience. A qualitative approach was utilized to investigate the structure and effectiveness of existing therapeutic programs, including Mindfulness-Based Stress Reduction (MBSR).

Critical analysis aimed to identify limitations and potential challenges in integrating Zen approaches into therapeutic practices. Comparative methods were applied to preliminarily compare the effectiveness of Zen practices with other anxiety treatment methods.

Despite the positive outcomes of existing research, several questions remain that require further exploration:

- expanding the data on the specific application of Zen practices in different contexts and among diverse groups of people, which would allow for a more precise adaptation of these methods to the needs of specific categories;
- investigating the mechanisms through which Zen practices influence an individual's spiritual state;
- examining the long-term effects of integrating Zen practices into therapeutic programs, including their evaluation and impact on mental and spiritual health in the context of the post-anxiety era, assessing the influence of cultural differences, including limitations and cultural barriers, on these methods' implementation, perception, and effectiveness.

### Results and Discussion

The post-anxiety era of the present is a period in which high levels of anxiety, driven by both global and individual stress factors, are no longer a temporary disruptive condition but rather a persistent and widespread phenomenon. Anxiety has become a static state – one that cannot be entirely overcome, only partially managed – leading to the emergence of a distinct depressive subculture. This state encompasses not only the symptomatic manifestations of anxiety but also the urgent need for new coping strategies and psychological resilience in the face of "negative uncertainty."

This paper introduces the concept of "post-anxiety," which in Western studies is primarily associated with the recovery of mental health following experiences of severe anxiety (particularly in the context of COVID-19) (Chen et al., 2024; Liu & Shi, 2023). Research has focused on students and their psychological adaptation after anxiety-inducing events. However, this article expands the definition of post-anxiety to a broader and more complex framework.

In today's world – especially in Ukraine, where war continues – the post-COVID period has given rise to a post-breakthrough culture (Kang et al., 2023; Martsenkovskiy et al., 2024; Weierstall-Pust et al., 2022). A significant number of people now live in a state of constant stress, anxiety, and helplessness. Each day brings new distressing news, blurring between reality and illusion. Many struggle to discern truth from falsehood, leaving them trapped in an existential crisis: where does the irony of modern existence end, and where do post-ironic convulsions of a society adrift without a moral compass begin? At what point does it all become nothing more than a hollow farce designed to distract rather than enlighten?

This era is marked by a persistent sense of anxiety and uncertainty, which have become an inescapable part of daily life. In response, people increasingly turn to various coping mechanisms—whether through "reassuring" news, medication, alcohol, tobacco, or even legalized medical cannabis – in an attempt to maintain a fragile sense of mental stability. Anxiety has shifted from being an occasional crisis to a constant backdrop, shaping culture and daily existence. Post-anxiety is no longer just an individual struggle; it has become a deep-rooted societal issue, affecting individuals, families, cities, and entire nations. It infiltrates different aspects of our reality, gradually becoming the new norm.

Moreover, constant exposure to media and interactions with various (sub)cultures can further disorient individuals, blurring the line between reality and distortion and amplifying anxiety rather than alleviating it.

Analyzing this phenomenon reveals that post-anxiety is a critical issue that demands attention and action. To move forward, we must first understand its underlying causes, develop effective stress relief strategies, and promote mental well-being on both personal and societal levels. By addressing these challenges, we can only pave the way for meaningful change that fosters a healthier, more resilient, and ultimately happier society.

Thus, the "post-anxiety era" is characterized by the prolonged persistence of high anxiety levels, transforming it from a temporary crisis into a static, mass phenomenon that fosters a depressive subculture. This state is driven by global and individual stressors, making it a defining feature of contemporary life rather than an episodic decline in well-being.

A key contributor to this phenomenon is information overload, where the relentless consumption of negative news and social comparison through media intensifies stress and anxiety (Richtel, 2019). At the same time, technological and social isolation reduces the quality of interpersonal communication, increasing detachment and loneliness. Economic instability and inequality further fuel anxiety, as financial insecurity remains a pressing concern in times of crisis (Hacker et al., 2010). Another growing source of distress is climate anxiety, with heightened awareness of environmental issues leading to uncertainty about the future, especially among younger generations (Clayton, 2020). Additionally, global crises such as pandemics, socio-political upheavals, and military conflicts amplify feelings of vulnerability, deepening the overall sense of instability (Pfefferbaum & North, 2020).

This widespread anxiety highlights the urgent need for new strategies to foster psychological resilience and maintain stability amid damaging uncertainty. One promising approach lies in the therapeutic potential of Zen Buddhism, which offers a unique perspective on navigating distress. Through its emphasis on mindfulness, detachment from external chaos, and acceptance of impermanence, Zen practice can serve as a valuable tool in reframing anxiety. Incorporating playfulness with form and context encourages a deeper understanding of self and reality, helping individuals preserve authenticity and inner balance in an increasingly complex and challenging world.

In Zen Buddhism, special emphasis is placed on the direct experience of perceiving reality, which transcends ordinary conceptual thinking and deeper mystical or esoteric interpretations. Rather than relying on intellectual analysis, Zen encourages an intuitive understanding beyond conventional ideas.

Core concepts of Zen Buddhism include emptiness (*sūnyatā*), which signifies the absence of a fixed, unchanging essence in all things. This understanding helps individuals free themselves from attachments and achieve inner peace (Suzuki, 2022). Another fundamental idea is awakening (*satori*) – a sudden realization of the true nature of existence that leads to profound insight into reality (Hakuin, 2010). Zen also emphasizes living fully in the present moment ("here-and-now"), allowing individuals to break free from suffering caused by excessive analysis, regret over the past, and anxiety about an uncertain future (Suzuki, 2020). A key symbol of Zen, *Enso* – a hand-drawn circle – represents the freedom of the mind, purity of perception, and the imperfection and impermanence of the world (Hori, 2000; Suzuki, 1970).

These principles form the foundation of Zen practice, fostering harmony with oneself and the world. Meditation and mindfulness techniques, particularly *zazen*, cultivate

inner silence and heightened awareness, guiding practitioners toward liberation from egocentric thinking and bringing them closer to *satori* (Kapleau, 2013). Mindfulness, which involves deep, undivided attention to the present moment, is a powerful tool for transcending suffering and attaining profound peace (Hanh, 1987).

Studies indicate that meditative and mindfulness practices significantly reduce anxiety levels and improve mental health (Goyal et al., 2014). Zen Buddhism's core principles – harmony with the surrounding world and acceptance of impermanence – help alleviate internal conflict while fostering compassion for all living beings. By embracing the world as it is, without fear or attachment, individuals develop greater emotional flexibility and inner peace, allowing them to navigate life's uncertainties with resilience (Nishitani, 1982; Suzuki, 2020).

The post-anxiety era reflects a modern reality in which high levels of anxiety have become a constant state for many, fueled by global crises and information overload. This period is characterized by chronic anxiety, as ongoing crises – pandemics, economic instability, climate change, and geopolitical conflicts – create a pervasive sense of tension and loss of control (Pfefferbaum & North, 2020). The constant influx of information further amplifies stress, fostering digital anxiety through social comparison, relentless exposure to negative news, and spreading misinformation (Richtel, 2019). Additionally, the culture of productivity and success imposes ever-growing personal and professional expectations, accelerating the pace of life and contributing to burnout and feelings of missed opportunities (Rosa, 2013).

In response to these challenges, society is increasingly seeking new, effective methods to manage anxiety, including meditation and spiritual practices (Goyal et al., 2014). Within this context, Zen Buddhism offers a range of techniques specifically designed to cultivate mental clarity, emotional balance, and a deep sense of inner calm:

1. Meditation (*Zazen*) – This practice cultivates the ability to observe thoughts without attachment, focusing on breathing and the present moment. Regular practice strengthens emotional resilience, helping individuals navigate stress more effectively (Kabat-Zinn, 2003; Goyal et al., 2014).

2. Mindfulness – By anchoring awareness in the "here-and-now," individuals can significantly reduce anxiety, freeing themselves from unnecessary worries about the past or future (Brown & Ryan, 2003).

3. Zen Arts – Traditional practices such as calligraphy, the tea ceremony, and *ikebana* (flower arrangement) foster patience, inner peace, and a sense of harmony. Even if complete unity with the world and nature is not achieved, these practices help cultivate self-acceptance and inner balance, reducing stress and anxiety (Suzuki, 1970).

These methods contribute to psychological stability and help individuals develop effective coping mechanisms against stress.

Research extensively highlights the effectiveness of Zen practices in reducing anxiety and improving mental health. A comprehensive review by Goyal et al. (2014) found a significant correlation between meditation and decreased anxiety, depression, and stress. Kabat-Zinn (2003; 2013) further demonstrated that mindfulness practice helps alleviate anxiety and depressive symptoms, with participants reporting an improved ability to manage stress.

Neuroscientific studies provide additional support. Tang, Hölzel, and Posner (2015) discovered that Zen meditation induces neuroplastic changes in the brain, enhancing emotional regulation and reducing sensitivity to stress. Similarly, Ortner, Kilner, and Zelazo (2007) found that individuals who regularly practice meditation and mindfulness exhibit lower anxiety levels and greater emotional resilience over the long term.

These findings underscore the therapeutic potential of Zen practices, positioning them as valuable tools for fostering mental well-being in an increasingly stressful world.

Zen practices contribute to mental well-being by:

- Reducing anxiety and enhancing resilience – Through mindfulness and non-attachment, individuals learn to observe their emotions without being overwhelmed, leading to greater emotional stability and inner balance (Hanh, 1987; 2008).

- Fostering acceptance of change—The Zen principle of "mojo" (impermanence) teaches adaptability, helping individuals cope with uncertainty and reducing anxiety about the future (Suzuki, 2020).

- Cultivating discipline and awareness – Meditation, particularly zazen, trains the mind to focus on the present moment, improving concentration and strengthening the ability to maintain inner peace even under pressure (Siegel, 2009).

By incorporating these practices, individuals develop emotional stability and resilience, becoming less susceptible to stress and more capable of maintaining overall well-being.

Integrating Zen techniques into contemporary mental health strategies represents a harmonious blend of traditional Eastern wisdom and Western therapeutic methods. Practices such as meditation, mindfulness, and acceptance are increasingly incorporated into therapeutic programs designed to reduce anxiety, alleviate stress, and cultivate emotional resilience. This synthesis highlights the growing recognition of Zen principles as valuable tools for fostering long-term mental stability in today's fast-paced world.

Several therapeutic programs integrate Zen techniques to enhance mental well-being and resilience. One of the most well-known is the Mindfulness-Based Stress Reduction (MBSR) program, developed by Jon Kabat-Zinn. This approach incorporates Zen meditation and mindful breathing exercises, helping participants develop the ability to manage negative emotions. Research has shown that MBSR effectively reduces anxiety and improves overall mental health (Kabat-Zinn, 2003; Grossman, 2011).

Another widely used approach is Mindfulness-Based Cognitive Therapy (MBCT), which combines Zen practices with cognitive therapy. This method helps individuals with depressive and anxiety disorders observe their thoughts without becoming overly engaged in them, reducing the risk of recurrent depression (Segal et al., 2002).

Cognitive-Based Compassion Training (CBCT) focuses on developing self-compassion and compassion for others, fostering emotional resilience, and reducing anxiety (Mascaro, Rilling, Negi, & Raison, 2013). Similarly, Acceptance and Commitment Therapy (ACT) integrates mindfulness techniques to help individuals accept their emotions and thoughts without resistance, leading to greater psychological flexibility and stress reduction (Hayes et al., 1999).

In addition to structured therapeutic programs, many therapeutic and educational centers offer Zen retreats, where participants immerse themselves in meditation and

mindfulness practices for extended periods. Retreats at institutions such as the Shambhala Center and the Insight Meditation Society provide in-depth training in Zen meditation and silent practice, allowing participants to cultivate inner peace, reduce stress, and strengthen their connection with themselves (Chödrön, 2007; Kabat-Zinn, 2013).

These programs demonstrate the growing integration of Zen principles into modern therapeutic approaches, highlighting their effectiveness in fostering emotional stability, self-awareness, and long-term mental well-being.

The adaptation of Zen practices for managing stress and anxiety in the Western world has encountered several limitations. Originally developed within the Eastern cultural and philosophical tradition, these techniques are deeply rooted in socio-cultural and religious frameworks that may differ significantly from Western modes of thinking, perception, and therapeutic approaches.

One key challenge is the Western tendency toward goal-oriented achievement, which can make embracing concepts such as unconditional acceptance and detachment difficult. Many individuals struggle with letting go of desires and expectations, as Western culture often emphasizes progress and measurable success. To bridge this gap, practitioners frequently use accessible explanations and relatable examples to highlight the practical benefits of Zen practices (Kirmayer, 2007).

Additionally, concepts like emptiness (*sūnyatā*) and detachment can sometimes provoke misunderstanding or anxiety, as they may be perceived as threats to personal identity or purpose. Mindfulness and present-moment awareness are often prioritized to make these ideas more approachable, helping individuals cultivate a sense of calm and clarity rather than fear of identity loss (Davis & Hayes, 2011).

Another obstacle is the long-term nature of Zen practices, which require patience and discipline – qualities that may clash with Western expectations for quick results. To make these practices more accessible, beginners can start with shorter, more straightforward exercises, such as three-minute breathing meditations, which can be easily integrated into daily routines and provide noticeable benefits quickly (Crane et al., 2017).

For individuals accustomed to active, high-intensity methods, the stillness and structure of Zen can feel challenging. To ease the transition, it is helpful to incorporate mindfulness into everyday activities, such as walking or eating, with full awareness. These informal practices require no additional time commitment but promote greater concentration and present-moment awareness (Shapiro, Carlson, Astin, & Freedman, 2006).

Furthermore, while deeply foundational, Zen's spiritual aspects can sometimes create resistance among those who prefer a secular approach. To address this, many practitioners avoid religious terminology, presenting Zen as a set of practical techniques for enhancing self-awareness, emotional balance, and mental clarity.

By adjusting these practices to fit Western mindsets, Zen can become a powerful tool for managing stress, reducing anxiety, and fostering a more balanced, mindful approach to daily life.

Adapted Zen practices can significantly enhance the psychotherapeutic process while maintaining effectiveness, particularly in reducing stress and anxiety. Integrating these practices into Western therapeutic approaches opens new possibilities for improving mental health by fostering deep awareness (Baer, 2003), inner resilience, and emotional balance.

A comparison between Zen practices and other anxiety-management methods highlights their unique therapeutic potential. Zen Buddhism emphasizes present-moment awareness and non-attachment to thoughts, which can effectively reduce anxiety. By adapting these principles to fit Western perspectives, it becomes possible to harness their benefits while minimizing cultural barriers, ensuring both accessibility and effectiveness.

Zen practices incorporate non-attachment, immediacy, acceptance, mindfulness, and meaningfulness. These elements contribute to long-term emotional stability by encouraging inner work and self-awareness. However, their full therapeutic effect requires consistent and dedicated practice (Davis & Hayes, 2011).

### Conclusion

Zen Buddhism, with its profound philosophy and practices – such as meditation, mindfulness, artistic expression, and the principle of detachment – is a powerful tool for managing anxiety in the modern world. Zen practices cultivate inner peace, emotional stability, and adaptability by fostering a deep presence in the "here and now," embracing impermanence and promoting harmony with the environment. These qualities are particularly significant in today's world, where constant stress and uncertainty heighten psychological tension.

Zen techniques such as zazen and mindful presence have demonstrated their effectiveness not only in alleviating anxiety symptoms but also in fostering profound personal transformation. Rather than merely helping individuals avoid anxious states, these practices provide constructive coping mechanisms that enhance resilience and emotional regulation. Their integration into psychotherapeutic programs, tailored to the needs of contemporary individuals, highlights Zen Buddhism as a promising approach to improving mental well-being.

In an era dominated by information overload, digitalization, and rapid change, Zen Buddhist principles – such as present-moment awareness, non-attachment, and acceptance – offer practical strategies for mitigating anxiety. The growing interest in mindfulness and meditation further underscores the relevance of Zen practices in fostering psychological resilience and enhancing overall well-being.

Future research should focus on integrating Zen Buddhism with modern psychotherapeutic methods and adapting it to diverse populations with varying levels and causes of anxiety disorders. There is significant potential in combining Zen principles with evidence-based approaches such as cognitive-behavioral therapy, acceptance and commitment therapy, and mindfulness-based interventions. Further neurophysiology studies could explore Zen practices' effects on the brain using neuroimaging techniques, offering more profound insights into their neurological benefits.

Additionally, adapting Zen-based interventions to individual needs by considering age, cultural background, and anxiety severity would enhance their accessibility and effectiveness. Comparative studies could help determine the relative efficacy of Zen practices in contrast to other therapeutic methods, identifying their specific advantages for different groups. A holistic approach that integrates Zen techniques with cognitive-based strategies may prove particularly beneficial in managing anxiety and fostering long-term emotional stability.

Moreover, investigating the long-term impact of Zen practices on stress resilience, quality of life, and personal growth could further establish their significance in mental

health and well-being. By refining their integration into modern therapeutic frameworks, researchers and clinicians can develop innovative approaches to anxiety management, ultimately contributing to a more balanced and psychologically resilient society.

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## Терапевтичний потенціал дзен-буддизму та його практики в епоху посттривоги

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У статті досліджується потенціал практик дзен-буддизму – медитація, усвідомленість та прийняття мінливості життя, розглядається їх застосування в сучасних психотерапевтичних програмах, зокрема в Програмі зниження стресу на основі усвідомленості (MBSR). Дослідження використовує стислий теоретичний аналіз ключових понять дзену, включаючи порожнечу (шуньята), саторі (просвітлення), енсо (коло, що символізує Всесвіт) та зосередження на житті в теперішньому моменті. Методологічні інструменти, такі як систематизація, порівняльний аналіз,



критичне осмислення та міжкультурні перспективи, поєднують дзен-буддизм із сучасною психотерапією. Емпіричні дані підтверджують ефективність практик дзену у зменшенні тривожності шляхом сприяння усвідомленню та культивування внутрішнього спокою. Такі техніки, як медитація дзадзен, покращують емоційну стійкість, зменшують стрес та заохочують прийняття невизначеності та природних коливань життя. Ці практики особливо ефективні у боротьбі з тривожністю, пов'язаною зі страхами перед майбутнім та відсутністю контролю. Дослідження також підкреслюють вплив практик дзену на нейрофізіологічну активність, показуючи поліпшення функції мозку та загальне психоемоційне благополуччя. Програми, як-от MBSR, що інтегрують медитативні практики та усвідомленість, демонструють значні переваги у зменшенні симптомів тривожності та зміцненні психічного здоров'я. Проте їх ефективність може варіюватися залежно від індивідуальних факторів, включаючи відданість практиці та культурну адаптивність. Незважаючи на ці обмеження, дзен-буддизм пропонує цілісний framework, який доповнює традиційні терапевтичні методи. Показано, що дзен-буддизм надає цінні інструменти для управління тривожністю в пост-тривожну епоху. Його практики медитації та усвідомленості, що сягають корінням у багатовікову мудрість, були науково підтверджені як ефективні для зменшення стресу та поліпшення емоційної стабільності. Автор висноує, що включення принципів дзену в сучасні психотерапевтичні підходи може значно поліпшити психічне здоров'я, підвищити стійкість до стресу та сприяти відчуттю гармонії із собою та світом. Ці вічні практики пропонують шлях до більшого внутрішнього спокою та благополуччя, відповідаючи на нагальну потребу в ефективних стратегіях психічного здоров'я в сучасному швидкоплинному та невизначеному світі.

**Ключові слова:** дзен-буддизм, тривожність, медитація, усвідомленість, стрес, психотерапевтичні практики, емоційна стійкість, посттривожна епоха.

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