Mindfulness: A New Paradigm of Psychosocial Care in the Palliative Care Setting in Southeast Asia.

**Abstract**

Allization of suffering in palliative care needs a combination of good symptom control and psychosocial care. The capacity of mindfulness to promote psychological flexibility opens up possibilities of creating a paradigm shift that can potentially change the landscape of psychosocial care. In this review, we attempt to introduce 4 methods to establish mindfulness based on "The Discourse on the Foundations of Mindfulness", a core text of Theravada Buddhism, followed by a brief comparison of the concepts and practices of mindfulness in different.