

Mindfulness and resilience

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Mindfulness and resilience

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The benefits of awareness are both well-established and broad-ranging. Studies on topics ranging from university students to marines found practice reduces stress and leads to higher levels of well-being. Our Mindful Lolidays series provides continuous coverage of the explosive field of awareness research. But why, exactly, the ability to stay focused on the present moment without judging is a powerful catalyst of contentment? New research from India indicates a partial response: Mindfulness generates resilience. This is the conclusion of researchers Badri Bajaj and Neerja Pandit. Writing in *Personality and Individual Differences* magazine, they confirm that psychological resilience is more pronounced in conscious people. Researchers also show that this very useful quality produces many of the benefits so desired of practice. Badri Bajaj and Neerja Pandit describe a study conducted on 327 graduates (236 men and 91 women). Students have completed a series of surveys that measure their awareness, satisfaction of life, emotional state and resilience level, their ability to deal with difficult situations and recover from adversities. The awareness "or lack of awareness" has been measured by their responses to 15 statements, such as "I tend to walk quickly to get where I am going without paying attention to what I am experiencing along the way". In order to measure their resilience, 10 additional statements were presented to participants, including "capable of adapting to change", "can remain concentrated under pressure" and "are not easily discouraged by failure". They responded to each of them on a scale of five points (from 'nothing' to 'true almost always'). As expected, the researchers found that "individuals with greater mental awareness have greater resilience, thus increasing their satisfaction of life". They note that resilience "can be seen as an important source of subjective well-being" and emphasize many ways in which mental awareness can promote this state of mind. "Posing and observing the mind can help us resist being dragged into a setback." In other words, awareness "debuffs" the chance of associations that keep people obsessed with their problems or failures, increasing the likelihood that they will try again. This is not the only reason why awareness favors well-being, of course. Another new study shows that practice also promotes self-pity, which leads to higher levels of stress. As expected, the researchers found that "individuals with greater resilience are less prone to self-pity". In brief, resilience is the result of how individuals develop strategies that enable them to improve their resilience and characterize of resilience such as openness, effort and patience. "A lot of research will take place to know how studies like this continue to proliferate. If you want to help students thrive (and increase the likelihood that they will stay at school), it might be smart to add to the resume an update required. Mindfulness 101. This article originally appeared in the Pacific Standard magazine, which tells stories about digital and print platforms about the biggest problems of society, both consolidated and emerging, and people trying to solve them. Please share your position to continue. Check our guide for more information. 1.Violanti JM, Andrew ME, Maatsakanova A, Hartley TA, Fekedulegn D, Burchfiel CM. Compounds of despair in the high occupation of the suicide risk police. *Police Pract Res*. 2016;17(5):49-59.

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