

## **Being mindful to become resilient: A prevention focus**

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### Background and objectives

Studies have shown that resilient persons are better in coping with life and work events. Despite adversity they experience self-control and find the strength to carry on. We are interested in how resilience can be influenced in terms of not getting discouraged. Being aware of one's thoughts and feelings meanwhile not becoming seized is referred to as mindfulness. Mindful persons do not judge, but rather observe and accept the situation at hand. More mindful persons will also be more resilient because mindfulness reduces stress symptoms and focuses on the here and now. Due to this focus of attention persons are better able to regain life and can better deal with setbacks. In this study we examine under which circumstances dispositional mindfulness is associated with being in a state of resilience. More specifically, we test whether a state of well-being and reflection and rumination as emotion regulation strategies moderate the relationship between mindfulness and resilience.

### Methods

A representative sample of Dutch and Flemish employees (N = 388) filled out a questionnaire. We used Brown and Ryan's Mindful Attention Awareness Scale, Trapnell and Campbell's Reflection and Rumination scale and Christopher and Bernard's Brief Resilience Scale. We tested for moderation with hierarchical regression analysis.

### Results

As predicted mindfulness was positively related to resilience ( $\beta = 0.220$ ;  $t = 3.424$ ;  $p = 0.001$ ). Furthermore, our findings indicate that rumination and well-being moderate the relationship between mindfulness and resilience ( $\beta = 0.089$ ;  $t = 2.229$ ;  $p = 0.026$  and  $\beta = -0.128$ ;  $t = -2.804$ ;  $p = 0.005$ ). Reflection, in contrast, did not show any relationship with resilience nor mindfulness ( $\beta = -0.082$ ;  $t = -1.734$ ;  $p = 0.084$  and  $\beta = -0.062$ ;  $t = -1.303$ ;  $p = .193$ ).

### Discussion and Conclusion

The results indicate that in case of low well-being mindfulness helps in developing resilience. Influence of dispositional mindfulness is high if persons ruminate much or experience a low level of well-being. The results may be useful in situations where one preventively wants to pay attention to resilience, for instance, coaching individuals in or selecting them for 'contact professions'.