

A TOOLKIT FOR PROFESSIONALS MINDFULNESS AT WORK

How Mindfulness Builds Resilience

MINDFULNESS, RESILIENCE AND WELL-BEING

Research published in the **Journal of Personality and Individual Differences** reports “individuals with higher mindfulness have greater resilience, thereby increasing their life satisfaction.” The researchers note resilience is “an important source of subjective well-being.”

Resiliency leads to greater happiness by equipping us to bounce back quickly from setbacks, and by helping us perceive challenging situations as workable.

MEDITATION AND MINDFULNESS BUILD RESILIENCE IN THE FOLLOWING WAYS:

We become capable of seeing things from multiple **perspectives**

We learn to view our challenges with **gratitude**

We develop **compassion** for ourselves and others, becoming more understanding

Non-identification with thoughts and emotions keeps us stable in times of stress

Understanding **interdependence** keeps us grounded in reality

Understanding **impermanence** reminds us this too, shall pass

Do not underestimate your resilience and resourcefulness. You have the power and the ability. It is natural for you to encounter obstacles. – Thich Nhat Hanh

THE CORNERSTONES OF RESILIENCY GIVE US A STABLE FOUNDATION THAT KEEPS US BALANCED IN TIMES OF HARDSHIP

- Eat Healthy
- Sleep Sufficiently
- Exercise
- Meditate Daily

