

Mindfulness and Resilience: Studies about Millennials during COVID-19

Why do some people seem so resilient?

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Abstract

Maintaining self-control in a complex environment and adjusting to shifting situational demands require resilience. Many studies have investigated how mindfulness practices affect millennials' psychological well-being (PWB) and adversity resilience. The paper talks about studies related to millennials. Finally, the paper concluded that considering the relationship between resilience and physical health adds another dimension to this framework, emphasizing the importance of holistic approaches in promoting well-being.

Keywords: Mindfulness, Resilience

Introduction

Maintaining self-control in a complex environment and adjusting to shifting situational demands require resilience. Resilient people can respond flexibly to stressful situations and preserve or improve their equilibrium, which helps to mitigate the negative impacts of risk factors on mental health, such as stress. Strong resilience allows a person to recover quickly by reevaluating stress, increasing resilience, controlling negative emotions, and maximizing positive effects.

Resilient people may protect their psychological well-being (PWB) and physical well-being and bounce back from difficult circumstances without sacrificing their physical or mental well-being. It has been proposed that mindfulness—a state of elevated awareness attained via purposeful, nonjudgmental attention to the present—is a mediating factor for enhancing psychological well-being (PWB). Research has indicated that mindfulness can enhance positive adversity adaptability, lower psychological distress, increase happiness, and improve psychological well-being. An individual's resilience refers to their ability to handle hardship, internal or external. Psychological discomfort (such as symptoms of depression and anxiety) has an undesirable correlation with resilience, but PWB has a good correlation with resilience. Building resilience levels in the face of adversity requires mindfulness since it fosters the development of qualities like emotional control and appropriate coping mechanisms.

Resilience is not a personality trait. It is a learned pattern of action developed over time. The psychological discipline of intentionally concentrating one's attention

on the here and now is known as mindfulness. Both mindfulness and resilience entail a process learned through experience and strengthened by dynamic, lifelong learning. This paper will investigate the connection between mindfulness and PWB. Resilience and mindfulness are the processes of adapting to adversity, trauma, tragedy, discomfort, threats, and other sources of stress. Millennials may deliberately address this pandemic breakout by adopting a fresh viewpoint, reassessing their conclusions, and thinking about how it would impact their and others' lives. Mindfulness practice focuses on the present moment while maintaining an open-minded, nonjudgmental, and nonreactive attitude. Because mindfulness is a method that helps people be flexible and adaptive in challenging environments, it can lower the level of unfavorable experiences. The benefits of practicing mindfulness include improved attention, alertness, flexibility (cognitive and response), tolerance, and a reduction in misconceptions and preconceptions.

Literature Review

Many studies have investigated how mindfulness practices affect millennials' psychological well-being (PWB) and adversity resilience. A sample of millennials from the Ti-Ratana Youth in Malaysia and the Youth Section of the Buddhist Missionary Society of Malaysia (BMSM) participated in the study. The participants were required to practice mindfulness under supervision for four weeks before completing an online survey. The findings demonstrated that several variables, including a high workload, time limits, long workdays, work-related home issues, and an unstable environment, cause a decrease in PWB. The two most important factors that

support resilience are positive PWB and mindfulness. The study supported previous research showing that mindfulness training improves the PWB and stability of millennials. The results imply that all young people should be included in mindfulness-based intervention programs during heightened uncertainty. These programs can help young individuals develop the necessary skills to cope with stressors and maintain a positive well-being. Furthermore, companies and organizations should also consider implementing strategies to reduce work-related stressors and create a more supportive and stable work environment for their employees. Addressing these factors makes it possible to enhance the resilience and overall well-being of millennials in the workforce.

The COVID-19 epidemic affected many people's well-being. The virus reached epidemic proportions on March 11, 2020, forcing a large-scale workforce shift to remote areas. Governments worldwide implemented travel restrictions that impacted roughly 68% of the labor force to contain the pandemic. The unanticipated event led to an almost 71% decline in people's well-being scores. An increasing amount of evidence indicates that the COVID-19 pandemic has a detrimental effect on an individual's well-being (PWB) and is associated with their degree of resilience and mindfulness. PWB is solving issues, responding to ambiguity and adversity, and maintaining a healthy balance among diverse ideas, feelings, and situations. The COVID-19 pandemic has had a major effect on people's psychological well-being (PWB), emphasizing the value of resilience and mindfulness in overcoming hardship.

Resilient people can maintain their physical and mental health and may recover from the consequences of adversity more rapidly. Studying mindfulness theories and their connection to PWB and resilience has drawn more attention recently. Thus, a study examined the association between PWB, resilience, and mindfulness. Greater resilience and PWB are associated with increased mindfulness levels. Furthermore, participating in mindfulness exercises was expected to significantly raise a person's general stability. A person's total quality of life is greatly influenced by their psychological well-being (PWB), which increases positive effects and life satisfaction while reducing negative ones. Encouragement should be given to millennial employees who experience stress at work to enhance their PWB by addressing mental, psychological, and social aspects at the individual and organizational levels. The capacity to manage hardship, both personal and external, is resilience. Resilience and positive work-life balance (PWB) correlate favorably, but psychological discomfort and resilience are adversely correlated. Building resilience requires the

use of mindfulness since it fosters the growth of healthy coping strategies, emotional regulation, and self-worth. Those who practice mindfulness can better comprehend that negative experiences that cause psychological suffering are only transient mental reactions. Research has demonstrated a robust correlation among mindfulness, life satisfaction, resilience, and decreased psychological distress among the broader populace. According to this study, there is a strong correlation between millennial resilience and mindfulness. High levels of personal well-being (PWB) and low levels of psychological distress were reported by attentive people, which is consistent with earlier research by Klainin-Yobas et al. (2021), Li and Hasson (2020) and Whitehead et al. (2018). Research has indicated that mindfulness techniques are positively correlated with psychological well-being (PWB) and negatively correlated with negative psychological distress. This shows that one way to assist millennials in becoming more robust to everyday stressors could be to educate them on cultivating inner strength through mindfulness. By engaging in mindfulness practices, individuals can reduce the intensity of negative psychological impacts and promote a more positive assessment of their living circumstances. Individuals who engage in mindfulness practices are more likely to maintain a positive relationship with the difficulties they encounter, which enhances their capacity to handle the problems brought on by uncertainty and adversity.

Consistent mindfulness practice is also linked to applying suitable coping mechanisms, such as optimistic thinking and an optimistic attitude in the face of difficulty. Mindfulness practice helps people deal with challenging circumstances and protect PWB by keeping individuals from overgeneralizing their hazardous life situations. The results of this study show that millennials' PWB and resilience levels were significantly impacted by mindfulness. This lends credence to the idea that mindfulness can make people less stressed and more resilient. Stress is one of the most crucial factors to consider when analyzing the psychological and social ramifications of acute adversity, according to Zhu et al. (2019). Mindfulness may allow individuals to perceive difficult situations more optimistically by enhancing their resilience in the face of hardship. This is especially important for millennials, who face many difficulties in their daily lives. Frequent mindfulness practices are vital internal tools that might help millennials cope with the changes they encounter. Since mindful people can focus and adjust to changing circumstances, they are less likely to experience negative PWB due to their environment. As a result, there is a decreased chance of feeling frightened by ambiguity and environmental difficulties.

It is critical to offer resources and initiatives that facilitate the millennial generation's adoption of mindfulness practices to boost their general resilience. This may contribute to the establishment of a calm workplace where millennials in the workforce can work more productively and joyfully. Companies can enhance employee engagement and motivation by offering mindfulness activities to millennial workers and creating a mindfulness learning environment. Exposure to adversity can impact psychological functioning, but people's responses can vary widely. For example, two people experiencing the loss of a loved one may have vastly different reactions, with one person experiencing long-term depression and hopelessness. At the same time, another may recover and experience sadness without long-lasting effects. This phenomenon is known as psychological resilience, and understanding the mechanisms behind it is crucial for understanding how people respond to adversity and identifying ways to increase resilience.

Research on resilience has primarily focused on the stress and coping approach and the emotion and emotion-regulation approach. However, these approaches have been limited by a need for more conceptual clarity and integration. An affect-regulation framework is proposed to address these issues, integrating insights from both directions. This framework is used to structure an empirical review of coping, emotion regulation, and resilience findings. The study focuses on four theoretically derived affect-regulation strategies, examines their short-term consequences for affective experience and social processes, and highlights how adversity and the broader context shape the links between these strategies and resilience. The integrative affect-regulation framework emphasizes that the effects on resilience cannot be understood solely through short-term consequences but in conjunction with adversity features and a broader context. The framework also considers the impact of resilience on physical health. Interventions should target how people relate to their context and provide resources to enhance individual, family, and community resilience. This approach provides a comprehensive understanding of resilience and its impact on individuals and societies, guiding the development and improvement of prevention and intervention efforts. It also highlights the need for future research to better understand resilience and its enhancement.

Conclusion

Understanding resilience and its impact on individuals and societies is crucial for developing effective prevention and intervention strategies. By targeting how people

relate to their context and providing resources to enhance resilience at individual, family, and community levels, interventions can help mitigate the negative consequences of adversity. Moreover, considering the relationship between resilience and physical health adds another dimension to this framework, emphasizing the importance of holistic approaches in promoting well-being. Future research should explore ways to enhance resilience and identify additional factors contributing to its development.

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