

Special Issue

Resiliency, Well-Being and Mental Health

Message from the Guest Editors

More recently, grit and resiliency have been shown to have a similar pattern of relationships to well-being and achievement. Willpower, in the form of self-control, has been linked to lower substance use, higher income, and lower stress. Outside of personality traits, coping styles have been shown to impact academic, relationship, and mental health functioning. Mindfulness practices cut across a number of these factors; mindfulness promotes resilience and a healthier approach to coping with stress. Similarly, social support is related to higher levels of resilience and coping, in addition to being directly related to lower levels of stress, depression, and anxiety. We welcome contributions that include any of these protective factors along with their relationship to well-being and/or psychopathology symptoms. Both theoretical/review papers and empirical studies (utilizing cross-sectional or longitudinal approaches) are welcome to be submitted to this Special Issue.

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Editor-in-Chief

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