

Bending Not Breaking

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Bending not breaking

Flexibility and mindfulness as resilience factors for pain and recovery

Astrid Meesters, September 28th, 2022, Maastricht

1. Emotional flexibility is associated with faster recovery from pain. (*this dissertation*)
2. It is important that pain research not only focuses on factors influencing acute and chronic pain, but also on factors related to different rates of recovery with the rationale to prevent pain chronicity. (*this dissertation*)
3. With regards to the affective switching task, the direction of the affective switch and stimulus valence are essential when predicting psychological outcomes. (*this dissertation*)
4. Practicing mindfulness meditation reduces levels of rumination in healthy participants. (*this dissertation*)
5. Improvements in mindfulness are related to faster healing during the early stages of wound healing. (*this dissertation*)
6. Only when protective factors are studied alongside vulnerability factors, the field of pain will be able to move forward towards a comprehensive understanding of pain perception and (non-) recovery. (*impact addendum*)
7. Research into emotional flexibility consistently shows that emotional flexibility predicts psychological health and adjustment and emotional inflexibility predicts affective dysfunction and maladaptive behaviour. (*Coifman & Summers, 2019*)
8. Replicating scientific results is tough - but essential. (*Nature, 2021*)
9. The game of science is, in principle, without end. The one who decides one day that scientific statements do not call for any further test, and that they can be regarded as finally verified, retires from the game. (*Karl Popper*)
10. Even a happy life cannot be without a measure of darkness, and the word "happy" would lose its meaning if it were not balanced by sadness. (*Carl Jung*)
11. Notice that the stiffest tree is most easily cracked, while the bamboo or willow survives by bending with the wind. (*Bruce Lee*)