

100-150 words

1. High stress/anxiety individuals who perform **better** on a stress-inducing memory recall test (SIMRT) will have a lower mental-illness vulnerability score, indicating more developed *cognitive resilience* and ability to deal with stress more effectively than those high stress/anxiety individuals who perform **worse**.
2. Participants who are taught and effectively implement *mindful* stress management will develop greater mental resilience and perform better on SIMRT than those who are taught and effectively implement *physical* stress management techniques or the control. Suggesting that the mindfulness-based coping strategy has improved their psychological resilience capability.

High stress/high anxiety individuals will perform a mental illness-vulnerability assessment and the SIMRT. They will be assigned randomly to: control, mindful, or physical groups and asked to monitor stress, incorporating any learned stress management, for four to six weeks until a retest is performed. Initial scores, retest scores, and correlational comparisons will be analyzed.