

### **Abstract**

Recent researches suggest that dispositional mindfulness could be a new personal trait that buffers against burnout. The first aim of the current study was to test whether each of the five facets of mindfulness were all significant predictors for the work burnout. The second aim was to examine the mediation effects of perceived work stress and work autonomy support on the association between mindfulness and work burnout.

A sample of 99 working adults completed a packet of questionnaires that assessed mindfulness, perceived work stress, work autonomy support and level of work burnout. Correlational results indicated that mindfulness was associated with perceived work stress, work autonomy support and level of work burnout. Results of the regression analyses validated the importance of three facets of mindfulness (describing, act with awareness and non-judging) in predicting work burnout than others. The mediation analyses also provided preliminary support for corroborating the mediating roles of perceived work stress and work autonomy support in mindfulness on the effect of work burnout. Organizational applications are discussed.