

Table 1) Correlation matrix of research variables

Variables	1	2	3	4	5	6
1.Perceived social support of family	1					
2.Perceived social support of friends	0.28	1				
3. Perceived social support of others	0.51	0.33	1			
4. Mindfulness	0.42	0.27	0.39	1		
5. Cognitive Flexibility	0.47	0.31	0.38	0.45	1	
6. Life Expectancy	0.46	0.29	0.49	0.53	0.55	1