

Mindful Monday Message #12 – 25 July 2016

The workplace is a great place to practice mindful relationships. Some people you work with will be easier than others for you to get along with. Sometimes other people make us feel uncomfortable because of something that reminds us of ourselves or they make us feel bored or rejected. Whatever the reason, a mindfulness practice can help you recognise the feeling and accept it. Think about the circle of people you work with and choose someone with whom you could mindfully deepen your relationship. Think about that person regularly. Smile at them and be kind. The workplace is a great place to develop new interpersonal skills that will sustain long-term relationships.

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