

Mindful Monday Message #13 – 01 August 2016

Reading is a good indicator of how distracted and unfocussed you are feeling at any particular time. If you read something and then realise you cannot remember a word of what you have read or you feel like you do not understand, it probably the case that your mind has been wandering. Adopting regular mindful practice can greatly assist the focus you need to read well. Reading well is not a passive activity. It is an active process that involves cognitively organising the material you are reading, expanding on the information and evaluating its quality. Thinking about reading as mindful engagement gives you a strategy to read well. It encourages you to be aware of the task at hand, recognise if your focus wanders off and an opportunity to refocus. Getting lost in a good book requires mindfulness and is a great way of building resilience.

Dr Annmaree Wilson