

Mindful Monday Message #15 – 15 August 2016

Parenting is as rewarding and satisfying as it is exhausting and challenging. Being a parent in this day and age seems to involve racing around and multi-tasking. Practicing mindfulness can provide the skills necessary to counter this stress.

As a parent, a regular mindful practice will invite a sense of calm. It will give you the ability to not only become aware of how you feel but also how your child might be feeling. Slowing down your immediate responses to a challenging situation is the key to calm domestic life. Mindfulness provides you with the opportunity to stand back. This in turn allows you as a parent to be less critical and more thoughtful.

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