

Mindful Monday Message #16 – 22 August 2016

How many times do holidays achieve the rest and recreation that they are supposed to? People in busy, responsible jobs often report just the opposite. It is common to hear of people feeling tired and burnt-out after their holidays, especially when they open up their email account upon returning to work. The other common story is people experiencing illness when they go on leave, like they finally give their bodies permission to get sick. Both these experiences work against the rest that holidays are supposed to provide.

Factoring mindful practice into your holiday time is an important thing to do. It is important not to allow worry and rumination, about things that have occurred at work, to intrude into your precious holiday time. This can be done by practicing being in the moment, like grounding yourself with your breath, rather than worrying about the past or anticipating the future.

Another way of avoiding the holiday blues is to avoid over committing yourself and making too many appointments. Being in the moment and going with the flow will help you let go of any unrealistic expectations you might have of what you might achieve on your holidays.

Celebrating yourself is an important focus of holiday healing, so doing the things that you know will recharge your batteries is very important. What this actually looks like is different for everybody. The recharging might be having a massage, tracking down a long lost friend or going for a long bushwalk. The important thing is the focus that it gives you.

Finally, a discipline of daily gratitude will help you step outside yourself and start your day in a positive way rather than in fear or anxiety. All along the holiday way, remembering to breathe will remind you that holiday time is all about you.

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