

Mindful Monday Message #19 – 12 September 2016

The very thing that Mindfulness attempts to directly address is worry, and it is interesting to look at worry in more detail. This week's Mindfulness Monday message looks at what worry is.

Worrying seems to be a central part of the human condition. We all feel tense and irritable from time to time, but worry as a way of life is very damaging both physically and emotionally. Worry is not just about what we are thinking. It can affect our emotions to the point where it can make us feel depressed, nervous, anxious. It also affects our behaviour. We may become snappy, or start nagging.

Short-term worry can be motivating. But when worry becomes a habit, part of one's everyday emotional landscape, quality of life is compromised. The central feature of worry is the negative, critical voice in our heads. Those thoughts prevent us from enjoying the moment. The energy expended on worry is wasted energy as repetitive thoughts go round and round in our heads and eventually despair sets in.

Over the next few weeks we will explore worry further. A mindful practice helps you become aware of the role worry plays in your life and intentionally intervenes in its' cycle. Mindfulness helps you take control of what's going on in your head. Placing your feet on the ground, focusing on your breathing once or a ten times a day disrupts the worry cycle.

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