

## **Mindfulness Monday Message #21 – 26 September 2016**

Today's Mindfulness Monday message continues to look at the issue of worry. In particular exploring exactly what are the effects of worrying and why it is so important to be proactive in dealing with it.

Worry, if not the first step in creative problem solving, is not to be taken lightly. It is not evidence that you are a mature and responsible person, as some might believe. Rather in its extreme it is both damaging and debilitating as it impairs the quality of life and can have a major impact on those around you.

Worry expresses itself in a large variety of ways. Physically it can range from muscle tension, diarrhoea and rashes. High blood pressure, palpitations and dizziness can be some of the physiological symptoms. Psychologically, poor sleep, crying and irritability are some of the ways worry appears. These symptoms create difficult interpersonal dynamics where worry can cause us to present to others as edgy, passive aggressive and neurotic. In its' most damaging form worry can develop into an anxiety disorder.

A regular practice of Mindfulness encourages you to be curious about worry. It helps you understand the impact it may be having on you and teaches you about the signs and symptoms. Remember that mindfulness is a positive solution to worry.

*Dr Annmaree Wilson*