

Mindfulness Monday Message #22 – 03 October 2016

Over the last few weeks we have been looking at the issue of worry. The point at which worry becomes a problem is when it is habitual. It is very difficult to break even the most obvious of habits, such as giving up drinking coffee, let alone habits like worry, that have such far reaching tentacles. The thing about habits is that they are set on automatic pilot. The reason that a regular Mindfulness Practice is so helpful with the issue of worry is that allows for observation and reflection. A Mindful Practice allows us to be curious about the content of our thoughts, to become aware and therefore to make different choices about our thinking. The great thing about using mindfulness as a way of dealing with worry is that it allows us to choose our worries, rather than worry choosing us!

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