

Mindfulness Monday Message #23 – 10 October 2016

When considering the issue of worry, one of the things that a regular Mindfulness practice does is allow us to choose to take control of our thoughts. Over the past couple of weeks we have seen how thinking, attitudes and beliefs are the core elements of stress. Mindfulness opens up the opportunity for a reality check of your thinking. Mindfulness allows you to be curious about whether the contents of your thoughts are positive, rational, flexible and solution focussed. It is important to keep in mind that the flavour of your thoughts will influence both your behaviour and your mood.

Dr. Annmaree Wilson