

Mindfulness Monday Message #24 – 17 October 2016

Over the past couple of weeks we have been looking at the issue of worry and considering mindfulness as the primary way of combatting worry's effects. There are changes to behaviour that might be useful to consider as well.

One of the most obvious behaviours associated with worry is procrastination. Putting off making decisions can lead to a whole range of negative thinking including worry and self-doubt. So take action and make a decision! Positive decision making centres around making decisions specific, realistic and practical rather than being nebulous and emotional. Work out a way to monitor the results of your decision. Finally set an appropriate timeframe and give yourself deadlines. Remember decision-making and problem-solving skills go hand in hand. It is worthwhile investing the time to slowly work through what exactly you want to achieve.

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