

## **Mindfulness Monday Message #27 – 07 November 2016**

We have all been in situations at both work and at home where stress is escalating. When stress does increase, one of the usual responses is to become grumpy and negative. Of course this feeds the stress cycle because problem solving relies on positivity and we start to look for short-term relief in other ways. These other ways include craving for high carbohydrate, high salt and high sugar junk food. Alcohol is another way that we can attempt to break the stress cycle. As well, a negative mood makes it that much more difficult to become motivated to exercise. Moreover, we have seen in recent Monday messages how worry can take a hold and interfere with sleep patterns. A regular mindfulness practice is central to mind-body self care. Mindfulness offers a cognitive way to deal with stress, one that doesn't lead to unhealthy lifestyle choices.

The following is a clip looking at the role of mindfulness in self care. It is presented by Jon Kabat-Zin, who is one of the leading authorities on positive psychology and mindfulness. He has invited that this clip be shared with health care workers in particular. Please take the time (about 60mins) to watch:

[http://kabat-zinn.kajabi.com/sq/51003-kabat-zinn\\_psychoz](http://kabat-zinn.kajabi.com/sq/51003-kabat-zinn_psychoz)

*Dr Annmaree Wilson*