

Mindfulness Monday Message #29 – 21 November 2016

So much of life in the 21st Century presents challenges to the physical and emotional well-being of humans. Our work lives are increasingly sedentary with many of us spending hours and hours in front of a computer. Our eating habits can easily become unhealthy with the availability of food that is not nutritious but oh so comforting. Sleep can be interrupted by worry, shifts and mobile devices. Modern life is busy and stressful and it seems that for many of us our brains are habitually over-stimulated and constantly vigilant.

We have seen over the last few weeks that mindfulness interrupts the stress cycle habit and allows for positive thinking in the moment. Think about other habits you may have. As an experiment try using your left hand to stir your coffee if you are right handed. Immediately the task becomes different. You are focussed on it and you are in the moment with the action. Making the choice to use a different hand breaks the habit. Adopting a mindful practice is a choice that we can each make to break the stress habit.

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