

Mindfulness Monday Message #33 – 19 December 2016

This is the last Mindfulness Monday message for 2016, and it's a great time to think about how all we know about mindfulness might help to make the holiday period even more special. Without a doubt, the biggest challenge to self-care during this time, is eating well. The opportunity always seems to be present to overindulge. The good news is that the holiday period gives us a unique time to remember all the benefits that mindful eating has to offer.

There are particular smells and tastes associated with the festive season. These may differ from family to family. For me, it's the smell of thyme (from the stuffing of the chook) and the taste of cinnamon. Choosing to mindfully experience these sensations helps us to savour these foods but make us less inclined to gobble it all down, without really experiencing them, and then eating too much.

Listening to your body is an important part of self-care. At the end of the day, the important part of festive food is not the food itself, but the loved ones you enjoy it with.

Mindfulness Monday messages will return mid-January. Happy and safe holidays from the team at CRANAplus Bush Support Services.

Dr. Annmaree Wilson