

Mindfulness Monday Message #34 – 16 January 2017

Welcome to 2017! The start of a new year is the best time to make goals for the year. Most of these goals will be about lifestyle choices such as eating better, exercising more and being less stressed. But the most important goal of all is to adopt a Mindful approach to living.

Mindfulness is at the heart of a healthy mental and physical lifestyle. It provides a means of dealing with the barriers to behaviour change, and a means for coping with stress. Mindfulness allows the backdrop of positivity and invites connection, not only with ourselves, but with other people as well. Mindfulness is free and portable. Make 2017 the year that you are truly present.

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