

Mindfulness Monday Message #37 – 06 February 2017

Those of us who love reading already have a good resilience-building strategy. Reading is a good barometer for mindfulness. You can track how mindful you have been by the number of times you need to read a document before you really take it in.

Apart from allowing us to get into “the flow” and de-stress, reading has other benefits. Most importantly, it helps us to see other perspectives. As well, when reading something that resonates for us, whether it is a novel or poetry, it helps us to identify, express and understand our feelings.

Getting lost in a good book is not only a lovely indulgence. If you have got out of the habit of reading, it’s worthwhile thinking about taking it up again as yet another tool in your life survival toolbox.

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