

Mindfulness Monday Message #40 – 27 February 2017

There is something relentless about housework and when we are stressed it can become so oppressive. But it never seems to go away no matter how hard we try to avoid it! It is in this challenge that a mindful practice can be so obviously helpful. Doing daily domestic chores with intention and planning, rather than cramming them in, opens the way for those very tasks to become sources of satisfaction.

There are two ideas that may help you transform your daily routine into zen. The first is to plan to do things slowly and deliberately. When you are washing up, for example, focus your attention on each plate and wash one at a time. Secondly, be aware of the negative chatter that comes with fighting or procrastinating about the need to clean and just accept. Quieten your mind, take a deep breath and get lost in the vacuuming!

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