

Mindfulness Monday Message #49 – 01 May 2017

Last week's Mindfulness Monday message certainly struck a chord with the biggest response ever. Clearly burn-out is an important, but somewhat hidden, issue for health workers, and a lot of people were asking for more information on, not only strategies, but the signs and symptoms of burn-out.

Many of the tasks that we all do, even in highly skilled professions, are repetitive. It is when this repetition starts to become a burden, that heralds the possibility of burnout. As well, that feeling of being physically present, but not emotionally present, to patients and colleagues is another clear indication of burn-out. Of course, these feelings are very much fuelled by constant negative thinking. It is three factors that are the most obvious features of someone suffering from burn-out.

A Mindfulness practice directly addresses issues of burn-out. Mindfulness centres you. It brings you back to the present and it allows negative thinking to be suspended. Finally it encourages non self-judgment. Now is the perfect time to be starting regular mindfulness meditation. Don't forget the Mindfulness in May programme starts today:
<http://www.mindfulinmay.org/>

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