

Mindful Monday Message #5 – 06 June 2016

Someone chooses to practice mindfulness because they want their life to be less hectic. Mindfulness is a way of restoring balance. Mindfulness is a way of prioritising what is really important in a manner that recharges energy batteries and builds resilience. For many, the mindfulness movement is a way of life and those pursuing it often refer to it as “slow living”.

The aim of slow living is to savour the moment and to stop regretting the past and feeling anxious about the future. Slow living can be incorporated into every aspect of daily life. One area that is particularly interesting is the idea of slow travel. Slow travel is the exact opposite of visiting 18 cities in 20 days. It is about choosing a location that you would like to visit, arriving and staying put! So next time you have plans to travel think about staying in self-contained accommodation and live as the locals do. That way you can mindfully enjoy your travels and learn a lot about the location and yourself.

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