

Mindfulness Monday Message #51 – 15 May 2017

Regulating our own emotions is one of the keys to a peaceful existence. This is certainly true in the workplace where emotional and volatile workmates can cause havoc with everyone around them. We all go through times when we are more emotional. Mindfulness allows us to be curious about these emotions but not to be defined by them.

One of the first steps in maintaining emotional stability is to choose to think positively. What we think and say is extremely powerful both in terms of our own emotional well-being and that of the people around us. Given that the research says we all have about 60,000 thoughts a day, the way we think can and does affect us physically.

So start each day deliberately choosing a positive thought. Say it out loud. The very smallest of positive thinking can change your whole day.

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