

Mindful Monday Message #6 – 13 June 2016

One of the things that a regular mindfulness practice leads us to is a reconnection with the natural world. Although most people acknowledge the importance of spending time in nature, the busyness of every day life, particularly work life, often prevents us from being with nature. A task that may shine a light on this difficulty is keeping a time diary. The purpose of this diary is to monitor the amount of time we spend in front of non-natural settings, such as in front of a computer, in the car or on the telephone. Keeping this sort of a diary not only lets us know how little time is spent in nature but also how little time is spent with loved ones. It is important to be curious about the relationship between psychological distress, such as anxiety, depression, relationship difficulties, time stress and sleep problems and the amount of non-natural time activities. Give the diary a go! It may cast a new light on the impact that the speed and complexity of modern life is having on your own individual life.

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