

Mindful Monday Message #7 – 20 June 2016

One of the key features of developing a mindful way of life is the concept of acceptance. Acceptance is about taking hold of something and understanding it. Acceptance is about a recognition of a challenge or difficulty, taking a pause and then seeing it clearly.

A mindful practice encourages you to face challenges, not avoid them. Start by bringing to mind something that is difficult, but not overwhelming each day. It could be about some minor conflict you have had with a work colleague or some decision you are trying to make. Instead of ruminating on the “solution”, focus your mind on your body. See where you are feeling the difficulty. The important thing here is to find a way of attending to the issue, moment to moment, in a self-compassionate and caring way.

Allowing time each day to face a difficulty in a mindful way can be very helpful in feeling like you are more in control. It can stop difficulties from becoming overwhelming and it can assist to maintain a curiosity that can only lead to better problem solving.

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