

Mindful Monday Message #8 – 27 June 2016

Dealing with conflict mindfully, particularly in the workplace, is a skill well worth developing. Sometimes you can feel conflict building up. At other times, conflict seems to come out of nowhere. It seems that some people and their behaviour trigger us to react. When this occurs our mind races to make up stories as to why people are behaving the way they do. Adopting a mindful position allows you to respond rather than react.

Responding mindfully to being triggered involves three steps. The first is to breathe rather than speak. The second is to centre yourself by feeling yourself with feet firmly on the ground. The third step is to connect. This is about sharing your feelings and listening to the other person's feelings. Remember practice makes perfect! The skill of dealing with conflict mindfully is a core life survival skill.

Dr. Annmaree Wilson