

Mindful Monday Message #20 – 19 September 2016

This week's Monday Mindfulness message continues to explore the theme of worry. There are an endless number of things that people can worry about-work, money, health, relationships and the future. Mindfulness teaches us that you can't stop worry but that your attitude to the worrying is what's important. A Mindful practice encourages you to challenge worry as a habit. Mindfulness invites you to be *curious* about the worrying thoughts that float into your mind. Mindfulness invites you to not fight the worry or see it as a problem. Rather it encourages you to see worry as transient and something that will pass.

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