

Alleviating Worry

Sitting in a chair, or on the floor, or lying down close your eyes and let your body relax. Letting go of whatever you might be carrying from your day. And just keep your mind focused on the movement of your breath as it comes into your body and as it leaves your body. Observing your breath as it flows in and as it flows out. Keep your mind attentive of each sensation of each breath. Continue in this mindful relaxed position for 5-7 minutes. I suggest setting a timer with a soft chime/bell at the end of your allotted time. You might notice thoughts arise, and just notice if any body sensations happen with these thoughts. Notice if there are any relationships between your thoughts and the sensations in your body. In this way you notice an interconnectedness between your mind and body. Try to hold your thoughts and sensations without any judgement. Then come back to the breath.....

When you hear the chime, wiggle your fingers and toes and bring your attention back to the room.



How can we alleviate worry:

Today we will look at the habit of worry, each time we recall the past or anticipate a situation of the future as if it were really happening. We sometimes start judging and reacting to these mental images and put in our mind what we could have done differently or how to avoid an unwanted outcome, this is worry. If we worry a lot it can become a habit and the view of life can become distorted by a negative bias and tendency of what might be wrong by almost any scenario. So how can mindfulness practice counteract our worry? To start it helps to notice the connection by 3 types of experience:

1. Mental imagery of events from the past or future
2. Your anxious thoughts about these events
3. Bodily sensations of anxiety or agitation

The next step is to get out of your mind and notice what you are experiencing in your body, as often we stay focused on the images and thoughts but miss the emotion in our body. As you start to bring nonreactive awareness to all 3 elements a magical thing starts to happen and noticing the agitated things in your body won't make them instantly disappear but it lessens their effect. Seeing our anxious thoughts clearly as anxious thoughts means it's less likely to keep fueling catastrophic scenes in your mind. An anxious thought held with mindfulness (being present) may not disappear but it may trigger a less negative feeling in your body. Your mindfulness practice gradually dampens the negative feedback and stops worry from taking root as a habit.

My wish for you today: May you worry less, and truly enjoy the present moments that today brings. YOU'VE got this.