

# WELLBEING

## MINDFULNESS

by Claire Ash, Green Shoots Yoga

Mindfulness is often associated with creating a bed of serenity in our lives, emptying the mind of all thoughts and maybe even a feeling of weightlessness...

Let's face it, for many of us this is not achievable with our hectic, demanding lifestyles.

I like to see mindfulness as more of an ability to reflect on our internal monologue. What kind of self-talk are we having, and what's more, are we fusing with and, 'buying into', these thoughts?

If we all try and stop to listen to our self-talk, we can often be shocked at how negative a tone it has. Often we find it easier to be compassionate and forgiving with others, yet quite harsh with ourselves.

Dr Kristin Neff is one of the founders of 'Self Compassion' and author of 'Fierce Self-Compassion'. When confronted with a challenge, big or small, Kristin encourages us to: "Talk to yourself as you would a close friend who may be suffering. Think carefully about the words and tone you use."

The three main steps to Self-compassion are:

1. Acknowledgement awareness of when you are having a hard time, as opposed to ignoring it with distractions.
2. Common Humanity recognising you are not alone and suffering - challenges are a normal part of life.
3. Make an effort to talk to yourself with compassion, even using your own name, if you can bring yourself to do this!

Finally, something that I find helpful - try and keep your humour. Most challenging scenarios can lead to an entertaining comedy sketch!



*Claire Ash from Green Shoots Yoga brings serenity to our daily lives with her mindfulness advice. Find out more at <https://greenshoots-yoga.business.site/>*

