

Learn how to be more mindful

As someone who owns a brain that runs at full-speed and is rarely quiet, I fully understand those who believe they could never clear their mind. However, I also know from experience that mindfulness is a life skill and it can be learned.

I like to describe mindfulness as letting your worries in your front door and showing them out your back door, but not serving them tea.

Said another way, we all have worries and fears and what we're navigating together is unprecedented. We need to accept that our emotions count, and be kind to ourselves. However, accepting them does not mean we need to spend all of our time on them. We let our thoughts in, accept them and then ask them to move on. Don't sit in them (serve them tea), because the more time we worry, the more time we will worry. Our brain builds pathways for thoughts and behaviours we use the most, so if we are always worried, our brain will move us naturally to worry more often.

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