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Your life and mind: running them more effectively

A recent article called “Running your mind and life effectively when there is no life instruction manual” looked at what to think about in lieu of a life instruction manual.¹

Suggestions include recognising that there is no delete button in the brain, as its role is to keep you alive, and it won't forget negative events.

Avoidance is the source of human suffering. For personal pain we need an approach modality, not avoidance, and to learn to hold uncomfortable feelings lightly.

When stressed we need to keep our worlds expanded, stay in contact with our support people, and keep doing recreational activities (including exercise). Cultivate the voice of self-kindness.

Finally, get to know your life dashboard warning light and take action when it comes on - it will usually be telling you that you are avoiding something or someone.

Reference:

1. Running your mind and life effectively when there is no life instruction manual NZMSJ (2020) [View here](#)

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Red Whale



2020 Red Whale
update in
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