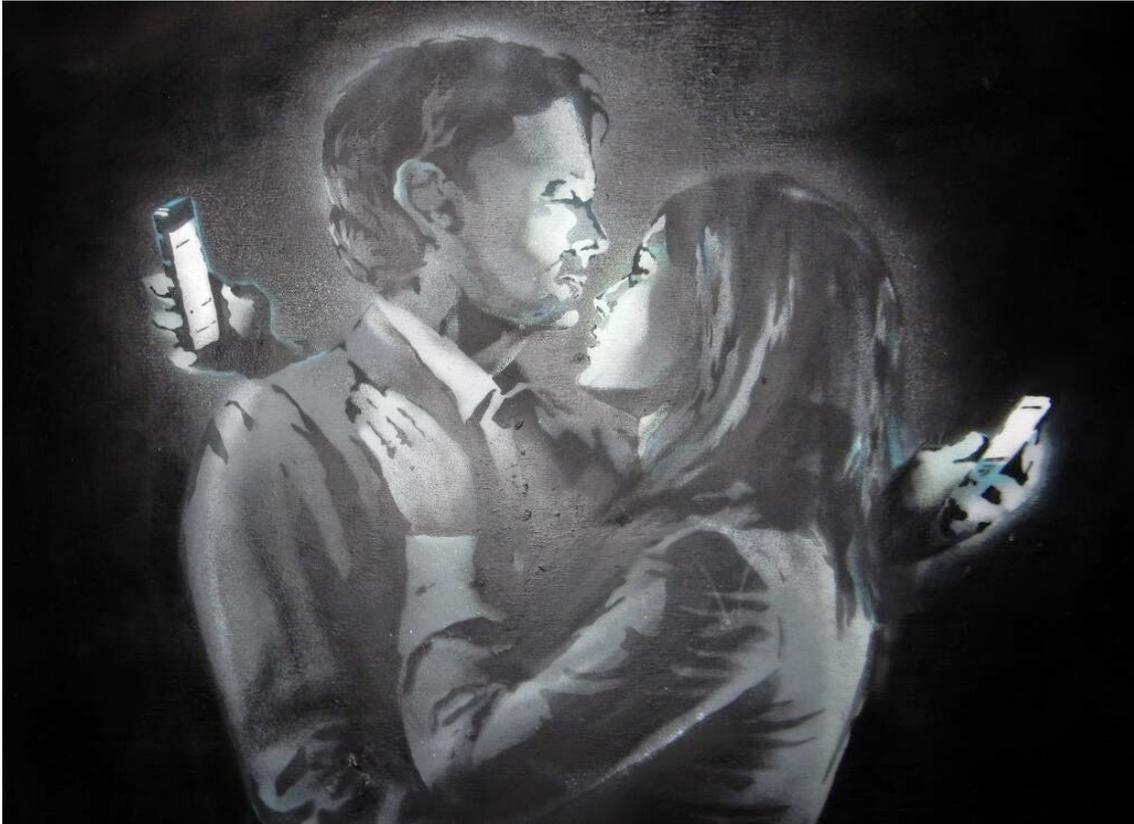


# Bromley MINDFULNESS Newsletter



## Reduce Anxiety Quick Tip No.2 - Digital Detox

**Phones aren't bad BUT... how we use them can be unhelpful.**

There is too much emphasis on how mobile devices are evil and distracting but don't blame the messenger. The problem is the significance we place on the messages. Our constant digital leads to overload and can contribute to anxiety.

## **Are you hostage to your devices?**

We're at the mercy of our messages and filtering them can seem difficult or impossible. A message could be as simple as "what are you doing next weekend?" or as important as a hundred mile an hour email from your boss or text from your partner! Messages pull our minds into the future, or the past. The present moment diminishes and becomes a place where we can't escape, even for a moment from our tasks and the expectations of others. When we're subjected to this pressure, day in, day out, we are simply adding to our stress.

## **Simple strategies to put you in charge of your messages**

### **Digital Detox - Cold Turkey**

Put your devices in a drawer for one day each weekend.

Tell those you are close to what you are doing and how to contact you urgently then relax...

### **Digital Curfew**

Put your devices away after a certain time in the evening. This is advised in any case, as using digital devices often interferes with sleep.

### **Filter your notifications**

Filter out your notifications so you only get the ones that really matter. If you have an iPhone, you can set a 'Do Not Disturb' option that you can switch on and off when you want to reduce your messages. You can also choose who you will get through that filter. Everyone else can be filtered out.

Take the time to understand how notifications and pop-ups work on your computer and either turn them all off or learn how to filter only the ones

you want. Write it down somewhere so you can undo it and add it again if you need to.

### **Digital Retreat**

Go on holiday, or even just a weekend away, without your devices or lock them in the hotel safe when you arrive.



## Dealing with Difficult People with Mindfulness and Compassion

Stop toxic relationships from affecting your well-being

- Learn why difficult people are difficult
- Gain insight into how difficult interactions and relationships affect us

- Learn real world techniques that will enable you to cope with the stress of uncomfortable encounters

### **Who would benefit from this workshop?**

Is someone at work making you feel stressed, anxious or upset? Or perhaps you're one of the many people not looking forward to every moment of the Christmas period due to awkward or difficult confrontations?

Whether it's a tempestuous romantic relationship or an unpleasant work colleague, this workshop will help you view your personal situation from a more rational and objective point of view.

We'll introduce you to a core set of tools that, applied consistently, can significantly improve difficult relations. With a bit of preparation you can change the dynamics of a difficult relationship

The best way to cope is to prepare. Equipped with a different perspective and practical techniques you'll acquire in this session, you can make the first steps to change the dynamics of a difficult relationship.

Come along to our Dealing with Difficult People with Mindfulness and Compassion workshop on November the 13th. As this is a workshop format with one to one guidance this event has limited spaces. Please book your place as soon as possible to avoid disappointment

[Click here to find out more or book](#)



## November Mindfulness-Based Resilience Courses Starting in November

### **Tuesday Evenings**

7pm - 9:30pm

8th Nov - 13th Dec

### **Wednesday Evenings**

7pm - 9:30pm

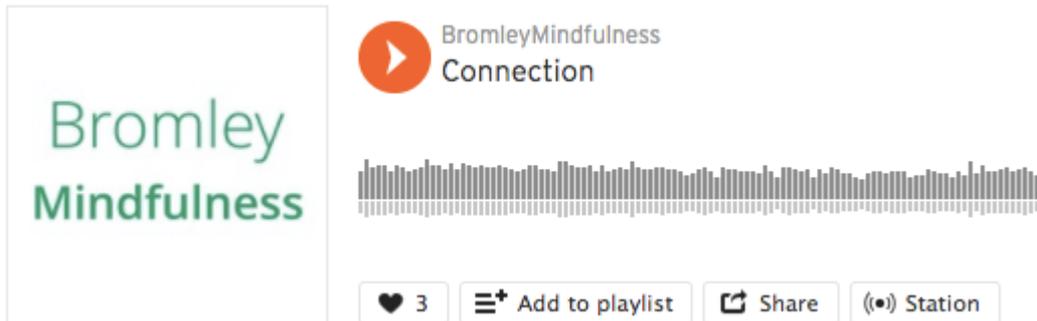
9th Nov - 14th Dec

### **Location**

Queen Anne Avenue, Bromley South

[Click here to find out more or book](#)

## Mindfulness Classes



If you are curious about our meditation classes and you have never had the chance to attend. Here is a recording of a class earlier in October. You can listen to it for free on SoundCloud by clicking the image above.

If you haven't attended our regular weekly meditation classes, do come along. There are friendly, inclusive and growing groups at both venues. There is no need to book. Just turn up.

Here is the Beckenham group in August



[Click here for details](#)