



mindful hub

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well-being, right now.

## **Mindfulness and Relationships: Bringing an attitude of mindfulness to relationship challenges**

All relationships have their ups and downs. We can be in the throes of passion, the joy of an ever-expanding relationship with our significant other and be as productive as ever in our work partnerships. But there are times when we feel like we've hit a wall, we hear nothing and our stomach is tied up in knots. We may even regularly practice yoga and meditation but we find that all of what we learn there goes out the window when our emotional buttons are pushed. What can we do?

**Practice Presence:** When we're in an emotional tailspin, it's often because the situation we're experiencing reminds us of something in our past. We've been hurt before; who wants to go through that again? Rather than assuming what happened in the past will re-occur, bring full consciousness to the experience in front of you.

**Listen rather than rehearsing a response in your head:** In order to truly connect with someone else, you need to really hear them, especially when tempers are flaring and emotions are bursting at the seams. Take time to confirm to the other person that what you heard is correct and only then proceed with your thoughts. There is nothing more frustrating than being cut off mid-sentence while you're in the middle of a tough conversation.

**Listen to your heart along with your head:** There's a place for logic in all challenging relationship issues; we've all used the "pro/con" exercise to list the reasons why and the reasons against staying in that relationship, the job or the tough friendship. But never underestimate the importance of your gut feeling, otherwise known as your intuition. Sometimes it's the best indicator of what to do next. Your mindfulness practice can build your intuitive powers.

**Sit with it:** A yoga teacher I knew once said that when she was having a relationship related problem, she avoided quick decisions. She'd "sit with it" for a few days, without taking significant action. Mindfulness acknowledges that things are always changing and by avoiding a quick decision, we give ourselves as well as the other person time to process what's happening. We also allow our feelings to arise rather than stuffing them down or covering them up.

**Be kind to yourself:** Instead of that extreme workout or burning the midnight oil at the office, do something you enjoy. Treat yourself in a nourishing way, see a light movie or eat a healthy dinner. In turbulent times you need to build up your emotional reserves rather than burn them out.

To get started with a mindfulness practice, visit [mindfulhub.com](http://mindfulhub.com).

*We wish you 20 minutes of mindfulness every day!*

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