



Being In the Moment

Below are 8 different way to be in the moment

Schedule some into your daily routine today

Mindful Breathing	Grounding Techniques	Yoga and Tai Chi	Meditation
<ul style="list-style-type: none"> <input type="checkbox"/> Focus on your breath <input type="checkbox"/> Inhale and exhale <input type="checkbox"/> Breath slowly and deeply <input type="checkbox"/> Count while you breath slowly 1, 2, 3 in and 1, 2 3 out <input type="checkbox"/> If your mind starts to wander that's ok - just recognise the thought then return to focus on your breathing 	<ul style="list-style-type: none"> <input type="checkbox"/> Engage your 5 senses <input type="checkbox"/> Focus on what you see, hear, smell, taste & touch 	<ul style="list-style-type: none"> <input type="checkbox"/> Try yoga or a tai chi class <input type="checkbox"/> Both will combine physical movement and mindfulness <input type="checkbox"/> One might be more suitable to you <input type="checkbox"/> There are online classes you can if you're not sure if you would like it. <input type="checkbox"/> Wear loose comfortable clothing <input type="checkbox"/> Keep to your own pace of being able to stretch <input type="checkbox"/> Remember each day of how far you can stretch can be different 	<ul style="list-style-type: none"> <input type="checkbox"/> Regular meditation practice <input type="checkbox"/> It's not about for how long: it's about frequency. <input type="checkbox"/> Start with 5 to 10 minutes and day and increase over time <input type="checkbox"/> Close your eyes for a more body-based experience. <input type="checkbox"/> Close your eyes for an anchored in space feeling. <input type="checkbox"/> Sit comfortably on floor in in a chair

Spend time in Nature	Mindful Eating	Digital Detox	Relationships
<input type="checkbox"/> Immerse yourself in nature <input type="checkbox"/> Walk / sit in a forest <input type="checkbox"/> Walk/sit near a river <input type="checkbox"/> Walk/sit near the beach <input type="checkbox"/> Listens to the sounds	<input type="checkbox"/> Pay attention to the taste of your food <input type="checkbox"/> Pay attention to the texture <input type="checkbox"/> Focus on the smell of your food <input type="checkbox"/> Eat slowly and chew slowly in a deliberate way before swallowing	<input type="checkbox"/> Take a break from technology <input type="checkbox"/> It will help to reduce distractions <input type="checkbox"/> It will increase your focus on the present <input type="checkbox"/> TV, mobile phone, computer - any technology that is a distraction particularly before bed can help with sleep	<input type="checkbox"/> It's ok to set boundaries of when you see people <input type="checkbox"/> When with others focus on the person as a whole <input type="checkbox"/> Don't be distracted by mobile phones, TV or other things around you. <input type="checkbox"/> Could make it into a game especially with an intimate partner. Take it in turns of sitting opposite each other and talking about your day, your likes and dislikes etc.

What's next?

Stay inspired, and add one or some of the above to your daily routine. Remember living in the moment is a skill. It takes practice. Be patient with yourself and celebrate the small victories along the way.

Need any further assistance - please reach out