

Mindfulness: Come Back to This Moment

Here
Now
You Got
This
♥

A simple skill for when your mind is racing, your emotions are loud, or you feel pulled away from the present moment.

In this
moment
I am enough
♥

SLOWER
KINDER
STRONGER
BRIGHTER
TOMORROW

A calmer
today is
possible
♥

1 What is mindfulness?

Mindfulness means noticing what is happening right now on purpose, without immediately judging it or reacting to it.

It is about bringing your attention to the present moment — to what you are thinking, feeling, sensing and experiencing — with curiosity and kindness.

Notice
Without
Judgment
♥

2 Why use it?

Mindfulness can help when you feel overwhelmed, anxious, angry, disconnected, or like you are on autopilot. It can calm your nervous system, help you feel more grounded, and create a small pause between a feeling and a reaction.

Even a brief moment of mindfulness can help you respond more intentionally and in a way that aligns with your values.

A small
pause can
make a big
difference.
♥

3 When might this help?

Mindfulness can be useful...



Before a
difficult
conversation.



When
emotions
start building.



When your
mind will not
slow down.



When you are
stuck in worry
or what-ifs.



When you
feel checked
out or
disconnected.

4 Try it now: A 60-second practice

You can do this anywhere, anytime. Give it a try:

- 1 **Pause.** Stop what you are doing, if you can.
- 2 **Notice your feet or body.** Feel them on the ground or in the chair.
- 3 **Look around and name what you see.** Silently name 5 things you can see.
- 4 **Notice one sound.** Just one. Listen for it.
- 5 **Take one slow breath.** Breathe in... and breathe out.
- 6 **Name what you feel.** Notice what you are feeling right now without trying to fix it. It is okay to just notice.

You
are here
right now.
And that
matters.
♥

5 Three mindfulness actions

These simple ideas can help guide your practice.



Notice

Pay attention to what is happening inside you and around you (right now).

Just notice.



Describe

Label what you see, hear, feel, think or experience using factual words.

Put it into words.



Participate

Be present in what you are doing, one thing at a time, rather than being on autopilot or in your head.

Be here for it.

6 Before you react

Try this simple reminder:



Notice what is happening.



Name the feeling.



Breathe once.



Choose what to do next (what aligns with your values).

Pause. Breathe. Choose. ♥

7 A helpful reminder



Mindfulness does not make difficult feelings disappear. It helps you stay with yourself while they are here.

You are doing your best. That is enough.

Small
Steps
Brighter
Tomorrows
♥

