

Getting in The Moment is important when we are feeling anxious, distracted, out of our body, and to put some space between stimulus and response.

A) Breathe

This is a simple exercise to center yourself, slow down, get present, and stimulate a parasympathetic or relaxation response. Practice anytime you feel anxious, and or caught up in your thoughts and feelings.

- 1) Take 10 slow, deep breaths. Focus on the exhale, breathing out until the lungs are empty. Then allow them to refill, taking the breath deep into your belly.
- 2) Begin to notice the sensation of your lungs filling, your ribs expanding, and then contracting on the exhale. On the exhale drop the shoulders even shaking them to release tension.
- 3) Allow yourself to witness your thoughts as passing clouds in the sky or passing cars. Notice them happening while not attaching to them.
- 4) Stay connected to the inhale and exhale- scanning your body for any tension or tightness and releasing it as you exhale. Begin to become aware of your senses- what you see, hear, smell, touch, and feel.

B) Drop Anchor/Ground

This simple exercise is a great way to center yourself and create some space between thoughts, feelings, and response.

- 1) Feel your feet heavy on the floor.
- 2) Push them downward- begin to notice the feeling of support you have from the ground up. You can visualize roots growing out of your feet if you like.
- 3) Notice the feeling of gravity flowing down through your head, spine, legs, and feet allowing any tension in the body or mind to flow away in this direction.
- 4) Begin to notice the world around you and any sensations you are having.

C) Follow your Senses

It is an important truth that we cannot think and sense at the same time. So this exercise is a great tool when we are caught up in cyclic or repetitive thoughts and feelings.

- 1) Pause for a moment.
- 2) Engage in one of your 5 senses- taste, touch, sight, smell, or hearing – completely.
- 3) Pick out 5 nuances of that sense- for example listen carefully and pick out 5 sounds. Try to find the most quite sound in the environment or 5 sensations of the way your watch feels on your wrist.