

Being Present

(be still and in the present moment)

Engage With All Five Senses

Pay attention to each sense as you perform everyday activities, such as drinking a cup of water or taking a walk.



VISION



HEARING



SMELL



TASTE



TOUCH

Slow Down and Connect to the Present Moment

Focus on your breathing. Throughout the day take a quick break from what you are doing and breathe. Find a quiet spot, take a deep breath, and close your eyes. Focus on your breath as it moves in and out of your body.

Body scan. Lie on your back with your legs extended and arms at your sides or sit upright in a comfortable chair, palms facing up. Focus your attention slowly and deliberately on each part of your body in order, from toe to head or head to toe. Be aware of any sensations, emotions, or thoughts associated with each part of your body.

Appreciate nature. Choose a natural object from within your immediate environment and focus on it for a minute or two. This could be a flower or an insect, or even the clouds or the moon. Don't do anything except notice the thing you are looking at. Simply relax and notice for as long as your concentration allows. Look at this object as if you were seeing it for the first time and try to notice something you haven't before.

Worship. Play a worship song. First, focus your mind and emotions on the words of the song and their meaning. Then focus your thoughts and emotions solely on God and expressing to Him how much you love Him and how wonderful He is. Remember that He is with you in the present moment.

Check-in with God. Pause and focus your mind on what you are doing in the present moment, how you are feeling, what you are thinking, and any challenges you are facing. Ask God to help you stay connected to the present moment, to be more aware of His presence, and for help with anything that you are struggling with.