

Breathe

Whenever you feel anxious about your future or your past, **just breathe**.

Past regrets and/or future anxiety can consume your life. Anxiety makes it extremely difficult to relax into the present moment and appreciate the life you have now.

Practicing mindfulness is a valuable technique to maintain awareness while living in the moment.

It means to not get distracted by other things: the past, the future, etc — and to truly enjoy each moment you are experiencing. Of course, this doesn't mean you don't need to plan, set goals or prepare for the future. You can do all these things and still enjoy each moment as it unfolds.

Living in the moment is about participation rather than just observation. Like all skills, training yourself to enjoy and live in the moment takes time and practice.

- Smile - You can set the tone.
- Laugh every chance you possibly can – laughter exists in the moment.
- Take notice of what is around you. Don't zone out; zone *in*.
- Take notice of your surroundings - sights, sounds, smells, and ambiance.
- Forget about "what if" and pay attention to "what is."
- Appreciate what you have and forget about what you wish you had.
- Forgive - grudges prevent us from opening our hearts.
- Play with kids and/or pets! Children and pets don't worry about the future; they play and enjoy every moment for what it is.

Sometimes life passes by so quickly that we forget to pay attention to what is going on.

EASE offers free Relaxation Audio Clips at www.lacoe.edu/ease. If you would like to speak with an EASE counselor call 800/822-1341.



“Strength is the courage...to reach out!”