



STUCK IN YOUR HEAD OR IN THE HERE & NOW?

Imagine walking in the door after a long day at work (whether work is in our out of the home- just imagine with me for a minute!)...and your mind is able to turn off the busy work chatter and you are fully present with your family.

What would it feel like to be able to just focus on what your child is telling you without all the other things running through your head?

What would it feel like to fully engage in conversation, and in play instead of worrying about all the to-do lists that need to happen now that you are home?

What would it feel like to be here, now instead of stuck in your head?

PRESENT MOMENT AWARENESS

One of the pillars, or core processes, of Acceptance & Commitment Training is Present Moment Awareness. Being present is also known as mindfulness.

This means being fully in touch with the present moment without judgment or interference.

**“Without judgement or interference”
How hard is it to just let the moment be?**

Research shows that paying attention to the present moment can help people to:

- focus attention better
- handle stressful situations with more resilience
- be more compassionate toward others

Autopilot is the opposite of mindfulness.

List some common times of day you find yourself on autopilot:

PRESENT MOMENT

When our minds take over and we are stuck in our heads, we lose the ability to choose how we want to spend that moment.

Reconnecting to the here and now gives us back the reins to choose where we want to direct our attention.

Here are a few simple ways to practice reconnecting to the present moment.

Drop Anchor.

1. Push your feet into the floor.
2. Push harder.
3. Notice the floor beneath your feet.
4. Notice the sensations in the muscles in your legs as you push down.
5. Notice your entire body. What sensations can you notice from the top of your head to the bottom of your feet pushing down into the floor?
6. Now change your attention to your surroundings. Look around.
7. What can you see & hear right where you are?

When could this practice be helpful to you? When will you try it this week?

After trying it- reflect. Did it help you get out of your head and into the present? Why or why not?