

PRESENT ME

Present moment, the basis of mindfulness is simply being aware of what is happening right here, right now, in and around our body and mind. The key is not to *judge* our experience; we just observe it. Our emotions are neither good nor bad: they just are. We just need to notice and watch them.

Present-moment awareness can help us anchor or ground ourselves when things are hard, when our mind is spiraling, or we are in conflict. It allows us to step back and see things as they really are. This activity can be helpful if our mind is full of jumbled thoughts and feelings that are getting in the way of what we are doing in the present.

The goal is to be mindful and focus on our present activity or task.

Present Moment Exercise - Remember – don't judge your thoughts/observations as good or bad, just notice them.

PAST	PRESENT	FUTURE
Draw or write about things that you've been thinking about that may have happened in the past – earlier today, last week, even months ago.	Draw or write about things that are happening right here, right now. Things you can see, hear, smell, taste, and/or that are going around in your mind.	Draw or write about things you are thinking about in the future. Later today, later this week, next month.

Now, turn your paper over and draw a picture of yourself free of all the extra thoughts, doing what YOU want to do.

Adapted from research and material from Harris, Tarbox, Silverman, Chastain, Little, Lanagan Bermudez

