



“GETTING INTO THE PRESENT MOMENT” PRINTABLE PDF

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& Coach

Instructions: *There are many words to use when thinking about getting into the present moment.*

This handout contains many different words and phrases to describe how to think about leaving stress, anxiety, and negative thoughts behind. Look over this list below and find what words or phrases connect with YOU. Or, you might come up with your own words to help you connect with being calm and present.

Use this list as a starting point for you. Circle the words or phrases that you like the best.

- Chill-axin'
- Getting into the game
- Hitting the pause button
- In the eye of the hurricane
- Clarity
- Impartial witness/spectator
- Coming back to your senses
- Be here now
- The present moment
- In the flow
- Surfing the moment
- Focused attention
- Taking a breath
- Changing the channel
- Getting in the zone
- Getting in touch
- Patience
- Non-judging awareness
- Openness
- Acceptance of this moment
- Creating space (from negativity)
- Putting on the right gear for stormy weather
- Changing your relationship to thoughts and feelings



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Reflections:

1. If you have other words or phrases not listed about, write these on another sheet of paper

2. What is an example of a good time and place that you could put your favorite word or words to use?

3. What do you see as the biggest challenge you will face when trying to use your word or phrase for getting into the present moment?

4. What are ways you can work on these challenges?
