

3 Ways to Connect with the Now

I'd love to invite you to try out these 3 exercises to help you connect with the present moment, increase your awareness and reconnect with your own power by grounding yourself. If you would like to be more present in your life, practice breaking the habit of reacting from an ego perspective whilst embracing an open heart and connecting with your soul, then one of these exercises might resonate with you. Pick one that you like, and practice as often as you can.

Here are some common pitfalls that stop people from practicing:

- They wait for one, big life changing exercise/intervention/moment to start their healing journey. Don't wait. The moment is now. The process of healing is lots of little events chained together. And it is usually chaotic, messy, confusing but so very worth it.
- You are worthy of healing. Don't doubt your worth.
- You don't need to have it all figured out. Just start and keep going, no matter how slow.

You know that are on track, when you

- a) remember to do the exercise in difficult moments that usually get you stuck
- b) you feel a shift in yourself
- c) you feel more in touch with your essence and what you want to stand for in life.
- d) your nervous system is less often in fight, flight, freeze or fawn mode.
- e) you can hold more "realities" than your own, e.g. you can agree to disagree without having to be defensive.
- f) you are more curious about life

Take 10 Breaths

This is a simple exercise to center yourself and connect with your environment. Practice it throughout the day, especially any time you find yourself getting caught up in your thoughts and feelings.

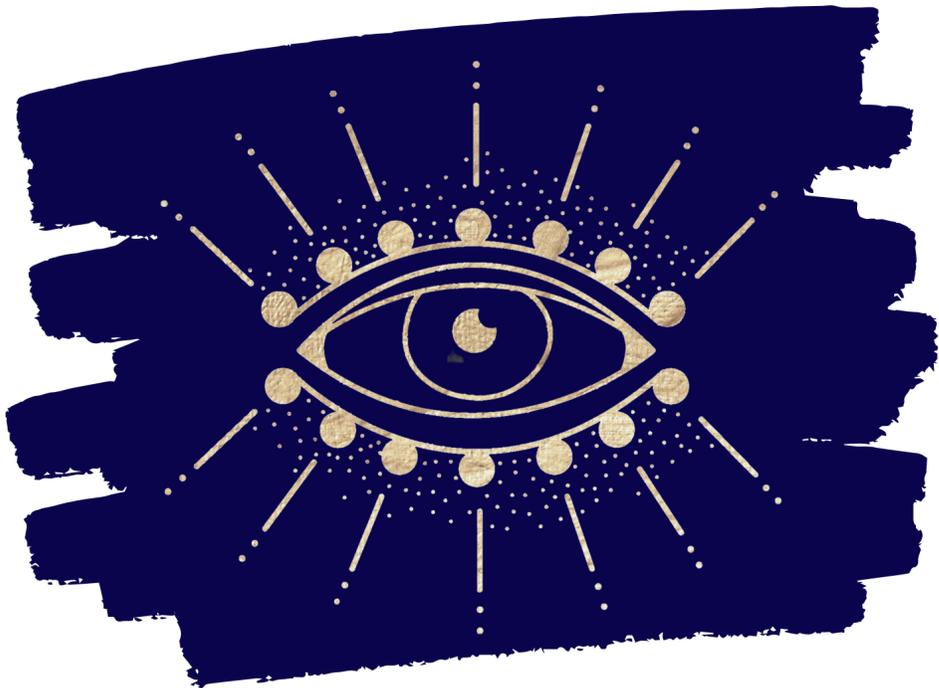
1. Take ten slow, deep breaths. Focus on breathing out as slowly as possible until the lungs are completely empty—and then allow them to refill by themselves.
2. Notice the sensations of your lungs emptying. Notice them refilling. Notice your rib cage rising and falling. Notice the gentle rise and fall of your shoulders.
3. See if you can let your thoughts come and go as if they're just passing cars, driving past outside your house.
4. Expand your awareness: simultaneously notice your breathing and your body. Then look around the room and notice what you can see, hear, smell, touch, and feel.



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Notice 5 Things



This is yet another simple exercise to center yourself and engage with your environment. Practice it throughout the day, especially any time you find yourself getting caught up in your thoughts and feelings.

1. Pause for a moment
2. Look around and notice five things that you can see.
3. Listen carefully and notice five things that you can hear.
4. Notice five things that you can feel in contact with your body (for example, your watch against your wrist, your trousers against your legs, the air on your face, your feet upon the floor, your back against the chair).
5. Finally, do all of the above simultaneously

Anchor yourself



You can start the day by anchoring yourself to a feeling or mantra that resonates:

e.g. "I'm anchored in peace".

You can substitute "peace" with anything that resonates with you (e.g. gratitude instead of peace).

Keep repeating this mantra throughout the day.

ALTERNATIVELY

This is another simple exercise to center yourself and connect with the world around you. Practice it throughout the day, especially any time you find yourself getting caught up in your thoughts and feelings.

Plant your feet into the floor. Push them down—notice the floor beneath you, supporting you. Notice the muscle tension in your legs as you push your feet down.

Notice your entire body—and the feeling of gravity flowing down through your head, spine, and legs into your feet. Now look around and notice what you can see and hear around you. Notice where you are and what you're doing.

These exercises are based on Acceptance and Commitment Therapy and shared by Russ Harris.



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