

# 'BE THERE'

# SIMPLE EXERCISE





In the hustle and bustle of our modern lives, our senses often find themselves on sensory overload. It's like we're constantly bombarded with information as we navigate each day. This flood of stimuli affects all of us, and the consequences can be significant.

**Enter mindfulness – a powerful tool that encourages us to slow down and focus on one thing at a time. Something we could all use more of!**

When we practice mindfulness through, it's like giving our minds a much-needed break. It serves a dual purpose: first, it heightens our awareness, allowing us to savor the life we often overlook. Second, it boosts our attention span. As we zero in on the present moment, our minds calm, and the clutter of distracting thoughts falls away.

This simple act of paying close attention enables us to engage more fully with the world around us. It liberates us from the grip of our own thoughts and emotions, granting us the freedom to connect deeply with the wonder that surrounds us in our everyday lives.

**Here are some suggestions to 'be there' (here) more often:**

-  Take a breath and feel it the air as you breathe in and feel the breath as you breathe it out.
-  Feel your right foot on the ground, then your left foot, then both feet. Take your time and don't rush it.
-  Just Listen for 30 seconds allowing the sounds to come to you.
-  Really see what you're looking at by stopping to take in the colors, shapes, textures, shades of light, etc.

**Wherever you are, BE THERE. Because that's where everything happens --> in the present!**

**RIGHT HERE, RIGHT NOW!**