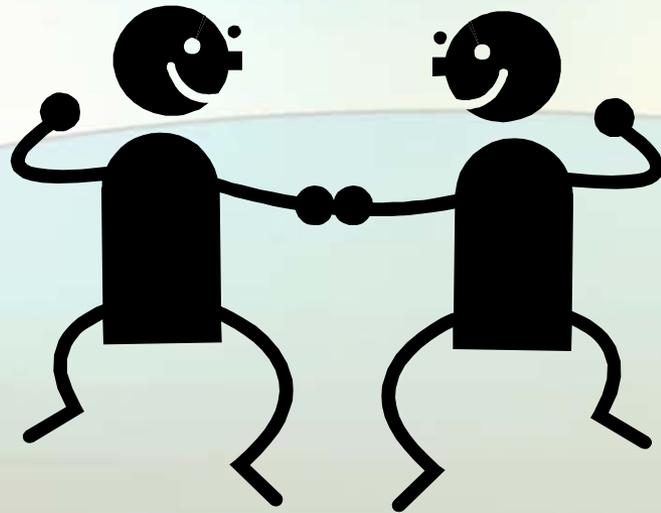


Live in the Present!



Health Promotion Wellness
Navy Marine Corps Public Health Center

Stressed?

- ◇ Ever felt you did not have enough time?
- ◇ Need to do more now?
- ◇ Felt caught up in chronic "speedaholism"?
- ◇ Worrying about the future and reliving the past?

Perhaps you need to rethink and change how
you handle life!

Try another Approach!

- ◇ Slow Down!
- ◇ Shift Gears!
- ◇ Downshift!



Helps you to stay cool, calm when situations & events may push you to speed up and stress out!

Focus on the Present

- ◇ Anchor self in the here and now! This approach buffers against high degrees of stress!
- ◇ The present can be calming, relaxing and fun!

Being in the NOW can be freeing!

Be in the Moment!

How often do you enjoy every sandwich?



Present

- ◆ There are lots of activities that promote the present and that defy speed & stress!



--Reading, Breathing, Singing,
Weight lifting, Meditating.....



Present



- ◇ Repetitive activities that help with breathing keep you in the present and produce a soothing effect –



Walking, running, swimming,
cycling, skating...



Are you Ready?

Never be afraid to try something new.
Remember amateurs built the ark.
Professionals built the Titanic.

--Anonymous

Coping

- ◇ Live in the now to deal with stress & life!
- ◇ Take regular breaks
- ◇ Unplug from the world from time to time....

Coping

- ◇ Reduce your pace and speed
- ◇ Balance yourself
- ◇ Enjoy the moment!



I try to live in the moment as much as possible

---Kristy Hume
Model