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 claming, 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......
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