

In the moment

Have you ever woken up first thing in the morning, and just started thinking about all the things you had to deal with that day? Before you even leave your bedroom, you begin to think, "This is going to be such a long day..."

It may feel overwhelming, but all those things are only happening in your head. In that moment, you are still just lying in your bed. Even if you have a super busy day, you can only do one thing at a time. First, you need to get out of bed. In the next moment, you are walking to the bathroom. A moment after that, you are brushing your teeth, etc. Staying in one moment at a time is much less stressful than carrying your whole day around in your head.

In reality, you will always be in this present moment. The only time you will ever feel anything, experience anything, or do anything is in the present moment, which you are in right now.

Whenever you feel like you are lost in your mind, you can practice coming back to the moment by focusing attention on experiences taking place in the present.

Write down what you can hear, smell, or taste, right now in this moment.

Of course, this does not mean your problem will just disappear. Most people have to deal with some serious things in their life. Worrying about them all day long won't do any good. Practicing staying in the moment can help you clear your mind and deal with serious things in a more effective way.

Sometimes, it can be really hard to forget about the things that are bothering us. Try writing them down and prioritizing the most important things. Is there anything you can do right now, in this moment? If yes, you might choose and do it straight away.
