

Wellbeing in Mind

Communication in Mind

Skills in Mind

Mood in Mind

Activities in Mind

PRIORY

PRIVATE
HEALTHCARE

Aware of This Moment

We live such busy, chaotic lives that it is very easy to miss what is going on in the moment.

We are often thinking ahead about things that are going to happen, what we have to do to prepare and wondering how we are going to cope. Or thinking back about things that have already occurred, wondering if we did the right thing or made the right choices, if we said the wrong thing or if we could have done things better.

When we get caught up in thoughts of looking forward or behind, we miss what is going on right here, right now and that can rob us of pleasant positive experiences.



For example, have you ever been drinking a cup of tea then gone to take another sip and realise you've finished it already?



When you eat sweets or chocolate can you remember the taste and pleasant sensation you got from it a few moments after it's gone?



By being more present and in the moment, we can get more enjoyment in our lives.