

## Being present

One way to stay open to learning and feel less stressed is to practice being “present”. Some people call this being “mindful”. It means focusing on what you are experiencing in the present moment—moment by moment. It means letting go of what you are going to do next or later in the day. It means letting go of your “what if...” thinking.

Learning to live in the present moment is part of the path of joy.  
Sarah Ban Breathnach

You can practice noticing your breath and how it feels as your breath moves in and out of your body. You might focus on what you are feeling in your body as you do some of the movement activities. You might notice thoughts as they come into your mind. The key is to notice without any kind of judging.



You develop greater awareness of what you are feeling each moment of your day so that you do not have to wait for your body to yell at you to pay attention to it. You want to release stress each day so that it does not build up. By practicing being present, you can be more sensitive to what you need to learn. You then choose what you need to do to support your learning. This gives you some space and helps you decide how you want to respond to challenges that come your way.

To order the book, *Move the Body Stretch the Mind*, follow the link to [www.windsoundlearning.ca](http://www.windsoundlearning.ca)