



## On the road to ... staying present

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***Once you understand the problem better you can always do something to help yourself learn.***

If you have any clues that you are spacing out and not present in the moment:

- perhaps your body doesn't feel like it belongs to you, or you can't hear very well,
- perhaps you were listening to the teacher and you have no idea what she said,
- or she seems far far away,
- or you're trying to read and the words seem blurred....
- or....

***At the moment you notice - you can do some things to help.***

1. Stop and breathe - take air in and imagine it going down to your toes... notice the breath as it goes out of your body. You are breathing now.
2. Feel your body in space - your feet on the ground, or your bum on the chair. Rub your hands on your thighs, or rub one hand with your other hand, or listen to the sounds in the room. See what feels best to help you feel your body now.
3. Take stock of how you are feeling now. Can you come back to learning or do you need to let yourself leave completely for a bit? Do you want to go for a walk, get a hot drink, go to the washroom?
4. Do you want to talk to anyone?
5. Be gentle with yourself, treating yourself like a precious baby or like an old friend. Come back to learning only when you're ready.

***Remember the 4 B's***

- **breath** - breathe, slowly and deeply
- **body** - connect to my body and to the earth
- **break** - take a break if i need it and always treat myself gently
- **belief** - believe in myself and my strengths