

## Resting In The Now...

1.

In a world that is forever changing and moving it is easy to get caught up in it all and feel lost.

Resting in the now is an acceptance tool that can be used to help us stay grounded. What does it mean to rest in the now?

It's all about embracing the concept of true mental rest. In order to do this, we must shift our focus away from the past or the future. Its all about being in the present moment.

2.

Allowing our minds time to mentally rest helps us to shift the balance from living life inside our thoughts, towards living in the now. This is an essential part of our progress towards a peaceful and happy life.



## Activity 2

3.

Today we are going to practice a simple mental exercise to bring our focus back to the present moment and away from boredom, anxieties or worries.

Today we will draw our attention to being fully alive and aware through mindful breathing and awareness of the body.

Though simple, this technique is powerful and can help to rewire our brains back to the now.

**It's time to rest!**

## Resting In The Now

For this exercise, you'll need a pen, a piece of paper and to be sitting preferably around a table.

1. Sit in an upright position in a chair and grab a nearby pen
2. Clasp the pen in between your fingers
3. Rub your fingers along the width of the pen. How does it feel? Is it smooth? Is it rough? Does it have any ridges? How many ridges can you feel? Is there anything in particular about the way that it feels that you notice?
4. How would you describe the pens appearance? Is it thin, medium or thick? Is it clear plastic? Or is its surface one solid colour? What colour is it? Does your pen have a lid? What does the lid look like? Is it shiny or matt? Does the lid feel smooth when you run your fingers across it?
5. Can you see any writing on your pen? What does it say? Read it out loud.
6. Hold the pen in the palm of your hand. Where can you feel its weight fall? Is it across some of your fingers? Can you feel the pressure of the pen across the bottom, middle or palm of your hand?
7. Hold the pen in between both of your two hands. Fix your gaze on the pen. Take a deep breath in through your nose and release your through your mouth. Do this do this for 20 breaths (count each full breath in your head if it helps). Whilst doing so, notice the rise and fall of your chest, notice the movement of your shoulders. Notice how your lungs expand and relax.
8. Grab a piece of paper and write out the words "Resting In The Now" intentionally. Whilst doing so, follow the formation of each letter with your eyes. Put the pen down.

