

# In the Moment



Save this page for easy access to the in the moment short videos below.

## PRACTICE STEPPING BACK

Pause, Stop, Breathe, and Observe. Give yourself space to step out of what you are thinking, feeling, and doing.

## ASSESS WHAT'S HAPPENING

Conduct a full body scan. (Name what you are experiencing physically, mentally, emotionally, behaviorally)

## UNHOOK FROM THE NEGATIVE

Detach from the unpleasant thoughts and emotions. Consciously state... this \_\_\_\_\_ (name the experience) is not serving me.

## SHIFT TO THE POSITIVE

Shift to a positive thought, emotion, and/or activity that will serve you. Consciously state - I choose \_\_\_\_\_.

## ENGAGE IN THE RESET

Engage and immerse yourself in the Shift. BE IN THE MOMENT. Allow yourself to fully feel the positive thoughts, emotions and/or intentional choice as you reset and step back into your day.

P

Just-A-Minute Meditations	1 min
Release Break	1 min
Mini Meditation	1 min
Breathing Break	2 min

A

Brief Body Scan	4 min
ABCs of Self Compassion	5 min
Body Scan Relaxation	7 min
Beginners Body Scan	7 min

U

Stress & Anxiety Buster	2 min
Letting Go	3 min
Releasing Negative Thoughts	7 min
Taming Negative Thoughts	8 min
SOS Help for Stress & Anxiety	12 min

S

Positive Focus	1 min
Tell Yourself Relax	3 min
5 Minutes of Self Compassion	5 min
Creating Intention for Change	5 min
Energy Booster	6 min

E

Morning Practice on Gratitude	5 min
Grounding Relaxation	5 min
Reset: Rest & Connect	5 min
5 Minutes of Peace	5 min
Smiling Relaxation	5 min

## In the Moment



	Pause	Detach	Shift
<input type="checkbox"/> <b>Notice Your Triggers and Reactions.</b> Get to work on recognizing your warning signs. Catch yourself when you start to react and ask for a time-out or a breather.	*		
<input type="checkbox"/> <b>Journal.</b> Writing helps transfer negative thoughts out of your head.	*	*	*
<input type="checkbox"/> <b>Take a Time-Out.</b> Not just for kids, this is a powerful tool for relationships where anger-fueled disagreements are causing problems. Both parties agree to walk away and return once you have both had an opportunity to cool down.	*	*	
<input type="checkbox"/> <b>Disconnect.</b> When necessary, leave the situation allowing space to process and recover. Avoid triggers and information that will cause you to be overwhelmed.	*	*	
<input type="checkbox"/> <b>If angry, disconnect and distract yourself.</b> The goal of distraction here is to buy yourself time, not to avoid. If you can distract yourself for just 30 minutes, you'll have a better chance of dealing with your anger in a healthy way.		*	
<input type="checkbox"/> <b>Create a "Safe Word".</b> This could be a word you use with another person agree to create a moment of pause when you feel emotionally stirred up.	*	*	
<input type="checkbox"/> <b>Seek Social Support.</b> Engage with others to decompress and reduce feelings of isolation. Partner for innovative, workable solutions to the stressor.	*		*
<input type="checkbox"/> <b>Find a "Centering Object".</b> A small token like a smooth rock or a locket with a picture of a loved one. Touch this object when you experience anxiety or frustration as a reminder to center and bring thoughts of calm or Joy.			*
<input type="checkbox"/> <b>Get into fresh air. And look up.</b> Looking up at either a vast black glittering night sky, or clouds passing by can be very soothing and bring you to a mindful state.	*	*	*
<input type="checkbox"/> <b>Breathing and Relaxation.</b> Meditation, Mindfulness, and Yoga. Breathing techniques can slow down the heart rate and promote relaxation.	*	*	*
<input type="checkbox"/> <b>Listen to Sounds that Bring you Peace.</b> Listen to any soothing sounds like your favorite type of music, sounds of nature, etc.	*	*	*
<input type="checkbox"/> <b>Try E.F.T. /Tapping.</b> Tapping with the fingertips on specific meridian endpoints of the body, while focusing on negative emotions or physical sensations, helps to calm the nervous system, rewire the brain to respond in healthier ways, and restore the body's balance of energy.	*	*	*



SCAN ME



	Pause	Detach	Shift
<input type="checkbox"/> <b>Get organized.</b> Regain control. Create a to do list and focus on urgent or time sensitive tasks.			*
<input type="checkbox"/> <b>Reset priorities.</b> Ask yourself or leader what's important. Let the other stuff go.			*
<input type="checkbox"/> <b>Challenge Your Negative Thoughts.</b> The worst-case scenario may not be as bad as you think, or it may be something you CAN handle. Check out Section 6.3 to challenge your negative thoughts on a particular situation.	*	*	*
<input type="checkbox"/> <b>Perform Two Breaths and a Pause.</b> In order to transition to the next thing, regain focus, catch your breath, and be mindful to the next situation. This mindful technique can be used in times of stress to ground ourselves and create a little space from the stressful situation being encountered.	*	*	*
<input type="checkbox"/> <b>Go to Your "Special Place".</b> Whether in physical reality or by closing your eyes, discover a place that is special to you that is a feast for all things sensory. Make sure you think and breath in what it looks like, smells like, feels like and sounds like. Go there for special moments of solitude or as a moment of escape from the current stressor. Practice often.	*	*	*
<input type="checkbox"/> <b>Get Moving.</b> Work in activity like waking, running, cycling, swimming, dancing, skipping-- even a short stretch-- anything that makes you happy or gets you into the moment!	*	*	*
<input type="checkbox"/> <b>Treat Tension.</b> For muscle tension, drop your shoulders, let your arms fall loose and tilt your head to left should, gently pulling top of head to shoulder with your left hand. Then shift just your eyes to the extreme opposite upper right corner (as far as the eye can see). Repeat other direction. This resets your body energy.	*	*	*
<input type="checkbox"/> <b>Listen to sounds of ASMR.</b> ASMR (autonomous sensory meridian response) is a relaxing, often sedative sensation that begins on the scalp and moves down the body. Also known as "brain massage," it's triggered by placid sights and sounds such as whispers, accents, and crackles. People's heart rates slowed while watching ASMR videos. All it takes is a few seconds!	*	*	*
<input type="checkbox"/> <b>Re-engage after a difficult moment.</b> Pause, acknowledge what you are feeling, and choose how you want to show up.	*	*	*
<input type="checkbox"/> <b>Do the "Choose Again" Method.</b> <b>Step 1:</b> Notice the thought. <b>Step 2:</b> Forgive the thought. <b>Step 3:</b> Choose again. <a href="https://gabbybernstein.com/choose-again/">https://gabbybernstein.com/choose-again/</a>	*	*	*



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