



Live in THIS moment – learn to be present in just 10 weeks

Week 5 : Nurturing Presence to Avoid Reacting

1. Which negative thoughts were you aware of in the last week? What situations triggered them?

2. What went well in the last week?

3. Happiness requires stepping out of auto-pilot and into the moment, so that we can avoid exaggerating negative things and are able to savour the good in our life. Mindful eating is a way of using a habit you already have in a new way, in order to nurture greater presence and responsiveness. As you saw in the video, once a day at a mealtime, eat one Mindful Mouthful and reflect on what you noticed.

Food	What you noticed about its appearance, smell & taste.

4. Each day try something new to spark greater awareness and presence and reflect on what you noticed and how you felt – were you able to avoid an ‘ughh’ reaction?

New activity	What you noticed and felt – yay or ughh?
E.g. new route/walk	
E.g. cooked new recipe	
E.g. wore different outfit	
E.g. watched new film genre	
E.g. read new book genre	
E.g. did food shop backwards	
E.g. visited a new cafe	

5. As you learnt in the video in week one, Mindfulness is based on 7 core attitudes or 'pillars' that nurture happiness:

Non Judgement	Non-Striving	Patience	Curiosity
Acceptance	Trust	Letting go	

Congratulate yourself for working on your first four pillars in weeks one to four – celebrate the last week's success by writing your greatest achievement with pillar 4 last week on another post-it note and stick it next to the first three, so you can see all four every day.

Treat yourself again with a long bath/flowers/a walk in the park/quality chocolate.

Now, pick a fifth 'pillar' to focus on this week, with self-compassion, and write down your affirmation below. E.g. *"Today I set the intention to notice when I am wishing things were different, and congratulate myself for noticing. I exhale disapproval and defiance and inhale acceptance and embrace what is. I choose to release trying to change things and live in THIS MOMENT."*

Daily affirmation:

Home practice:

- Each day find a quiet space and do a 10 minute sitting practice: notice if you are wishing your thoughts, feelings and sensations were different. Pause. Turn your attention to your breath or body. Then return to that thought and see if you can avoid reacting but instead just receive it?
- Each day try a one minute standing meditation: pause, stand tall but soft, notice your feet, notice your breath, then for a couple of breaths just be.
- At the end of each day complete the diary below

Learning to Live in THIS Moment Diary – Week Five

Chosen Attitude/Pillar or Mindfulness: _____

Day one:

What went well in your pursuit of nurturing your chosen pillar of mindfulness:

Which situations were challenging in trying to embrace it?

Day two:

What went well in your pursuit of nurturing your chosen pillar of mindfulness:

Which situations were challenging in trying to embrace it?

Day three:

What went well in your pursuit of nurturing your chosen pillar of mindfulness:

Which situations were challenging in trying to embrace it?

Day four:

What went well in your pursuit of nurturing your chosen pillar of mindfulness:

Which situations were challenging in trying to embrace it?

Day five:

What went well in your pursuit of nurturing your chosen pillar of mindfulness:

Which situations were challenging in trying to embrace it?

Day six:

What went well in your pursuit of nurturing your chosen pillar of mindfulness:

Which situations were challenging in trying to embrace it?

Day seven:

What went well in your pursuit of nurturing your chosen pillar of mindfulness:

Which situations were challenging in trying to embrace it?
