

# Wellbeing

## Being Present

Name: .....

Date: .....



Being present is another way of saying 'to be in the moment'. The NHS website says, "Paying more attention to the present moment can improve your mental wellbeing. This includes your thoughts and feelings, your body and the world around you."

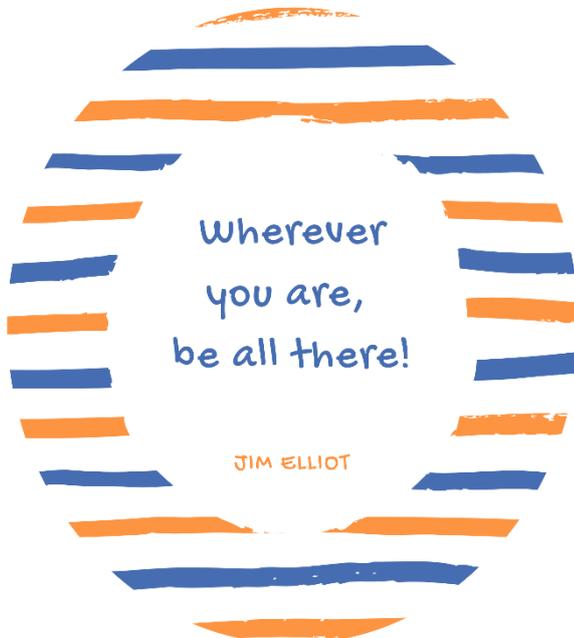
Being present can help give us a sense of calm and can also help us to become more aware of the world around us, but also more aware of our feelings and thoughts at a given moment.

Professor Mark Williams, former director of the Oxford Mindfulness Centre, is quoted on the NHS website saying, "Awareness of this kind also helps us notice signs of stress or anxiety earlier and helps us deal with them better."

Ultimately, being present can bring many benefits to our lives and can be useful when focusing on our wellbeing.

Use this space to note down what you think about when you hear the phrase 'being present'.

How do you think being present can help you in your current situation in life?



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There is lots of information in the world about being present – it’s often referred to as **mindfulness**.

Though being present can be a helpful practice if we’re feeling anxious or frustrated, it is good to focus on being present on a regular basis. Maybe you could spend five minutes in the morning or evening focusing on this.

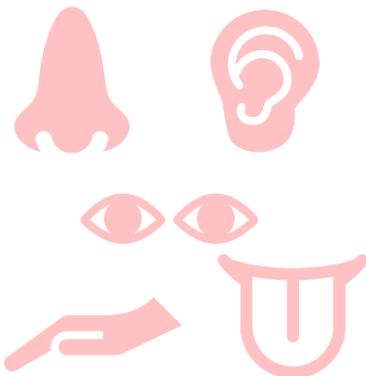
Being present will look different for everyone. Spend some time talking with your mentor about what your time of being present could look like. Here are some examples you could think and talk about.



Take a moment to pause and focus on your thoughts.



Close your eyes and take some deep breaths – in through the nose and out through the mouth.



Focus on your senses.  
What can you see?  
What can you hear?  
What can you taste?  
What can you smell?  
What can you touch?



Take a moment to focus on your surroundings.  
What can you notice? Is there a breeze?  
Can you smell the grass? Is it a cloudy day?

These are just a few simple ideas to get you started. Keep talking with your mentor about how you can create time for being present in your current day-to-day life.

Now that you’ve spoken with your mentor about being present, use this space to jot down one or two ways you’re going to practice this over the next few weeks.