

COMING BACK TO NOW

Coming back to the present when your thoughts are *spiralling*

A short meditation for when your mind has jumped ahead to worst case scenarios and you need to come back to where you actually are.



WHEN TO USE IT

Anywhere, at a desk, in bed at night, mid conversation, any time worry has taken over.

WHY IT HELPS

Anchoring your attention in the present through the senses interrupts the spiral without needing to solve the worry first.

This is a tool to use often, not a one time fix.

— One breath at a time is enough. —

Storme Brand Counselling, HPCSA Registered Counsellor, Reg. PRC0023531

www.stormebrand.co.za