



Stay in the Present

Across the world, we are experiencing uncertainty.

When faced with uncertainty, our brains are designed to protect us from danger by increasing our attention to risk and threat. However, this worry can spiral, as we seek certainty where it does not exist. When you find yourself overwhelmed by strong emotions, try to refocus your attention on what's going on in and around you in the current moment. Notice and attend to where you are and what you are feeling, without judgement.

How can I stay in the moment when I'm having so many thoughts about the future?

- Emotions are like waves. They come on, peak, and slowly roll out. **Practice riding the waves of emotion and learning to tolerate them instead of fighting them** or letting them overwhelm (or drown) you.
- Notice and name your feelings, and remind yourself that **each feeling is temporary**, even if the circumstances remain unchanged. Focus on accepting your feelings and your strength to tolerate them.
- Do not try to plan for the next week or month or indefinite future; take on **one moment at a time**.
- When all else fails, simply **focus on your 5 senses to ground you** in the present. Listen carefully for very subtle sounds, look for all the colors in the rainbow, notice how your feet or fingertips feel, attend to a subtle taste in your mouth or scent you can find.

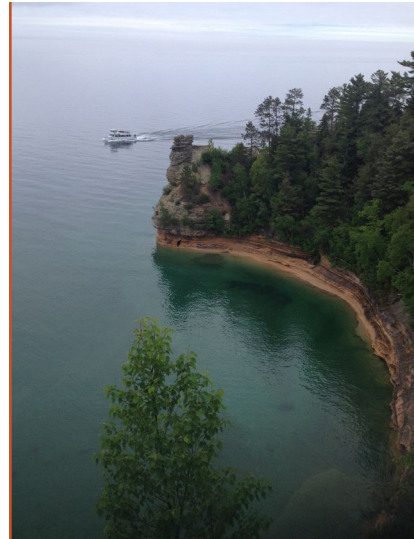
Resources

To practice a guided 5-senses meditation:

- [Engaging Your Senses](#)

More resources for using mindfulness to stay present:

- [Getting started with mindfulness and mindful meditation](#)
- [Free online 8-week mindfulness course](#)
- [Hope in Uncertain Times](#), Oprah and Deepak Chopra's free 21 day meditation program
- [Power Up](#), a set of audio tracks to guide you through various mindfulness practices



“Mindfulness means paying attention in a particular way: on purpose, in the present moment, and non-judgmentally.”

- John Kabat-Zinn