

Be present:



Being present will help to ground you and move you away from a place of worry and uncertainty.

Here are some tips to help you to be present:

Stand outside if you can or open a window if you can't go out and close your eyes. Take notice of what you can now hear. Birds, insects, cars, no cars...

Breathe in. What can you smell? What can you feel with your fingertips? Now what are you feeling? Focus on what's right in front of you, without distraction.

Look around you and see things for the first time. You might notice that bird song gets louder, scents get more noticeable, your skin becomes more sensitive to the breeze or the fabric under your fingertips. **You are now in the present moment.**

Find yourself time travelling again? Bring yourself back to the now by refocusing on your senses and surroundings again.

Yes, it might take some practice - so don't give up on your first attempt!

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