

Focus

On The Present



To help regain control over your stress, focus your attention on what you are experiencing in the present moment.

Ask yourself, “*What am I aware of now?*”

Shift your awareness from *ideas* to *bodily feelings*. Become more aware of your “*process*” (how you are driving the car) than your desired “*outcome*” (your destination).

Shift from *future thoughts* to *present perceptions*.

Staying focused in the present enriches your perceptions and produces a deeper sense of satisfaction with life.

Jan R. Markle, M.A.
P.O. BOX 42 Kentfield, CA 94937

<http://relaxwithin.com>