

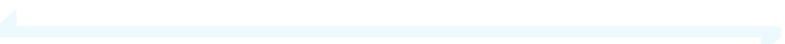


# *Living in the Here and Now*

## MINDFULNESS VOCABULARY LESSON

Directions: Look at the different vocabulary words that describe mindfulness. These are vocabulary that help with negative thinking, stress and anxiety. Circle or underline the ones that resonate or speak to you.

- in the zone
- patience
- breath
- in the flow
- hit the pause button
- clarity
- open mindset
- nonjudgemental awareness
- change the channel
- get in touch
- present moment
- one moment at a time
- flip your thoughts
- change relationship with thoughts and feelings
- be at peace
- calmness
- focus on thoughts
- ride the moment
- create space
- positivity
- accept the moment
- acceptance of circumstances
- non-blaming
- self-forgiving
- stillness
- observer of thoughts
- chill out

Other words not appearing here: 

List a time or circumstance that you could use these words to help you get into the present moment.

