

Calm Living Blueprint Podcast

Episode 7: Be Here Now to Relieve Anxiety

Candice Esposito



Making Contact with the Present Moment

In a moment I'm going to share three simple ways to get present, but I want to point out one thing first: at the heart of any mindfulness exercise is the action, "notice X" where "X" can be anything that's present in the moment – a thought, feeling, sensation, memory, or anything you see, hear, touch, taste or smell.

Notice X.

Let go of your thoughts.

Let your feelings be.

That's the basic process you'll follow with any mindfulness technique. The following are a few simple exercises you can try. Each of these exercises help you center yourself and connect with your environment. Practice them any time when you find yourself getting caught up in your thoughts and feelings.

Take Ten Breaths

1. Take ten slow, deep breaths. Focus on breathing out as slowly as possible until your lungs are completely empty – and then allow them to refill by themselves.
2. Notice the sensation of your lungs emptying. Notice them refilling. Notice your rib cage rising and falling. Notice the gentle rise and fall of your shoulders.
3. See if you can let your thoughts come and go as if they're just passing cars, driving past outside your house.
4. Notice your breathing and your body. Then look around the room and notice what you can see, hear, smell, touch and feel.

1

[Subscribe](#) to the **Calm Living Blueprint Podcast on iTunes** for even more tips and techniques!
Have a question? Connect with Candice on [Facebook](#).

Calm Living Blueprint Podcast

Episode 7: Be Here Now to Relieve Anxiety

Candice Esposito



Notice 5 Things

1. Pause for a moment.
2. Look around and notice five things that you can see.
3. Listen carefully and notice five things that you can hear.
4. Notice five things that you can feel in contact with your body (for example, the watch against your wrist, your pants against your legs, your feet on the floor, your back against the chair, etc.)
5. Do all of the above simultaneously.

Dropping Anchor

1. Plant your feet into the floor.
2. Push them down – notice the floor beneath you, supporting you.
3. Notice the muscle tension in your legs as you push your feet down.
4. Notice your entire body – and the feeling of gravity flowing down through your head, spine and legs into your feet.
5. Now look around and notice what you can see and hear around you. Notice where you are and what you're doing.