

## CODE Community Support Group – Living in the Present, moving on from the past

*“The secret of health for both mind and body is not to mourn for the past, worry about the future, or anticipate troubles, but to live in the present moment wisely and earnestly.”*

**Let’s re-set and refresh ourselves, carry out this simple task when you need a break. It will make you more aware of your surroundings.**

It’s called the Sweet 16 breath and it’s a very easy way to help calm you down and re-focus your minds.

- Inhale for a silent count of 4
- Hold for 4
- Exhale for 4
- Hold for 4
- Repeat 3 times

With last year being so difficult for so many of us, it is even harder to move on! But it’s important to make sure we don’t think about what could have been, what didn’t happen or what did happen. There is so much to look forward to in 2021 and with hope on the horizon, we need to look at how we can live in the present.

It’s great to reminisce about the good times and to reflect on the bad, but we should turn them into positives, rather than negatives. How can we learn from what we have already experienced?

So, how do you live in the moment?

- \* **Remove unneeded possessions** – A lot of items we hold may have links to past memories, so now is a good time to look at what you have and if that might be holding you back. Removing items associated with negative past memories frees you, allowing you to stop living in the past. Once this past has no power over you, you can begin to live in the moment.
- \* **Smile** – We have looked at the power of kindness and a smile over the last 14 weeks, and as we know, it helps us in so many ways! Each day is full of endless possibilities, start it with a smile! You are in control of your mood, keep it optimistic.
- \* **Appreciate the moments of today** – Soak in as much of today as you can. The sights, sounds, smells, emotions, victories and losses. We often forget to take in each day and appreciate it.
- \* **Forgive past hurts** – If you are holding on to past hurts towards someone else, choose to forgive and move on. It’s liberating to let go of a grudge!
- \* **Love your job/uni course** – If you just “survive” your week, constantly waiting for the weekend... you are wasting 71% of your life (5/7). Try to focus on what you actually appreciate about your current choice and why you chose it in the first place.



- \* **Dream about the future, but work hard today** - Dream big, set goals and plans. Working hard today is always the first step towards realising your dreams tomorrow. Don't allow dreaming about tomorrow, replace living in the moment. Dreaming is only productive when paired with action.
- \* **Don't dwell on past accomplishments** – If you are still talking about what you did yesterday, you haven't done much today. There is lots of time to build upon past successes and even failures. In the future, you'll cherish the memories of today.
- \* **Stop worrying** - You can't appreciate today if you worry too much about tomorrow. Realise that tomorrow is going to happen, and since worry never accomplishes anything try to focus on redirecting your energy to thinking positively.
- \* **Think beyond old solutions to problems** – Our world is changing so fast, so a previous fix may not work now. Don't get locked into the "That's how I've always done it". Try to think creative and adapt to change. Yesterday's solutions are not today's or tomorrows.
- \* **Conquer addictions** – This is such a strong word, but it's important to understand that addictions can hold you hostage in life. They keep you from living a completely free life and remove your focus from living in the moment.
- \* **Become aware of your surroundings** – Just like we do with some of our mini meditation techniques at the start of the sessions, it's important to stop, re-fresh and re-set to help take in the world around you. Stop rushing through life and letting your head get stuck in the past.

Focusing on the steps above, can help you to life a happy life. It's important to understand that it takes time to change your perspective on life, but also know the importance of being happy. Don't put too much pressure on yourself, you're doing great!

**Looking at the steps above, focus on 3 ways you could adapt to start living in the moment.**

1. ....  
.....
2. ....  
.....
3. ....  
.....

Now you've looked at ways to help to live in the moment, we are going to look at ways to help you let go of the past.

- **Create your own mantra** – Counteract those painful thoughts. Have a mantra to tell yourself in times of emotional pain can help to reframe your thoughts. Instead of "I can't believe this happened to me", try "I am fortunate to be able to find a new path – one that is good for me".

- **Create physical distance** – Creating a physical or psychological distance between ourselves and the person or situation can help with letting go. We are not having to think about it, process it or be reminded of it as much. Time can heal.
- **Do your own work** – Focussing on yourself is so important, you have to make choices to address the hurt you've experienced. When you think about the pain, bring yourself back to the present, then focus on what you're grateful for.
- **Practice Mindfulness** – The More we can bring our focus to the present, the less impact our past or future has on us. We will then have more freedom to choose how we want to respond to our lives.
- **Be gentle with yourself** - If your first response to letting go is to criticize yourself, it's time to show some kindness and compassion. Treat yourself as if you would a friend, offer compassion and advice.
- **Allow the negative to flow** – It's a natural part of life to have both positive and negative emotions. You are not alone in fearing feeling negative thoughts. They can hurt! But you should feel them, let them flow out – if you ignore them, you could be left stuck and unable to move forward.
- **Surround yourself with people who fill you up** – Simple, but effective. We can't do anything truly alone. Lean on loved ones, their support is a wonderful way of not only limiting isolation, but also reminding us of the good in our lives.
- **Give yourself permission to talk about it** – don't bottle it up! Not talking can actually stop you from letting go. Find a friend, or therapist, who is patient and accepting.
- **Give yourself permission to forgive** – Sometimes waiting for an apology can take a long time, use this time to work on your own forgiveness. It's vital to the healing process as it allows you to let go of anger, guilt, shame, sadness or anything other feeling.

**Make yourself 2 promises to help you move forward**

1.

2.

**CODE have plenty of ways to help you keep healthy each week...**

**HIIT – with Boxercise**

Online

Every Monday at 6pm

<https://codestudents.co/Fitness>



**Yoga**

Online

Every Tuesday at 6pm

<https://codestudents.co/Fitness>



**Core**

Online

Every Thursday at 6pm

<https://codestudents.co/Fitness>



**Meditation**

Online

Every Saturday

<https://codestudents.co/meditate>



**CODE Community Support Group**

(limited to 15)

Every Thursday

2pm – 4pm in the Games room

<https://codestudents.co/Group>



**Grab and Go table**

Pick up snacks, food, drinks or a book from our motivation library

Every Thursday – 2pm – 5pm

CODE Cafe

