

Living in the Now

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www.mariewellnessclinic.com

The Present Moment

Present moment awareness, when we are fully engaging with the current experience can feel joyous. You are not worrying about the future, and you can really appreciate all that you are doing and all you currently have. At moments like this when we are focused and present, we often discover new ideas and gain new perspectives on old problems and long-standing issues.

over. Worry and uncertainty drain our energy. If you *can* focus instead on all the things you can control stress will disappear and you regain your emotional equilibrium.

Prepare for the positive and allow the unknown to be exciting - not fearful. Live with the joy of knowing you are doing your best. You gain



Living in the present moment also helps us to connect more meaningfully with others and because we feel more engaged, we feel more emotionally content.

It is difficult to remain in this optimistic and grounded state when obstacles appear and we experience the fear and anxiety of the unknown. We tend to focus on what is out of our control and fear and worry take

confidence and grow stronger by moving forward. Change and learning are what make life exciting. Embrace new experiences and pay attention to the present moment and to how you are responding in the now.

Don't overthink the risks that permit fear to take over, stay present and watch fear and worry disappear.

Marie Wellness Clinic

This month the theme is all about staying in the present and giving our attention to where we are and what we are doing. Living in the present and enjoying the carefree joyous feeling that this brings, reduces stress too.

In life there are always obstacles to overcome, some type of obstruction usually exists between us and what we are working towards.

Sometimes these stumbling blocks are in our minds. We anticipate a negative outcome and remain stuck, unable to take constructive action.

Noticing how we are responding in the present moment can help us to make conscious choices in the here and now. Actively engaging in the present, rather than being caught up in thoughts about the past or future can lead to a more fulfilling and less stressful life. Remember:

"Yesterday is history, tomorrow is a mystery but today is a gift."