

Simple Practices to Return to Presence

Here are two easy techniques to help you reconnect with the present moment—without effort or performance:

Single-Breath Transition

Use this whenever you're entering a new space, starting a task, joining a meeting, or shifting from one activity to another:

1. **Pause in silence.**
 2. **Take one intentional breath.** Feel the air as it enters your body.
 3. **Exhale softly while affirming, "I am here."** This gentle phrase recenters you and interrupts patterns of projecting, fixing, or fear-driven thoughts.
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Triple Presence Check

This quick scan grounds you without overthinking:

- **Feet:** Notice and feel them firmly on the ground.
- **Heart:** Sense your chest—does it feel open, neutral, tight, or humming?
- **Environment:** Observe the space around you. Imagine it expanding rather than shrinking. This simple awareness helps quiet mental loops and brings you back to now.