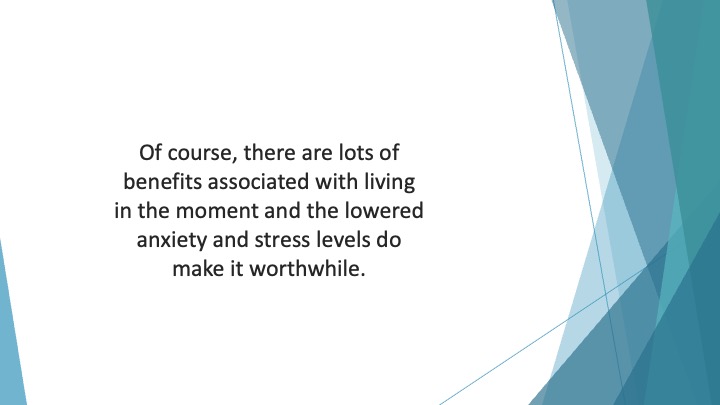
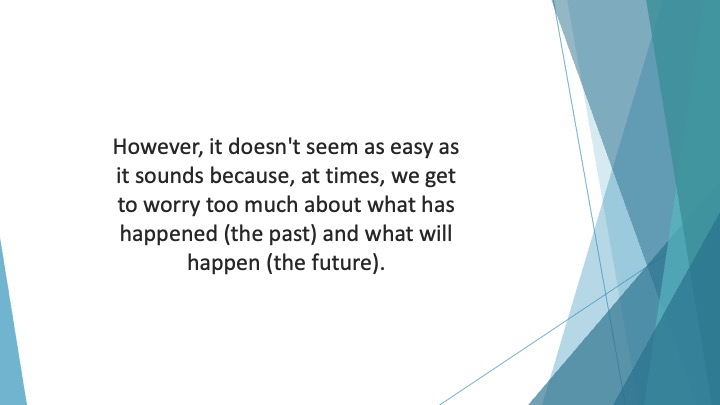
**Chapter 7: How to Start Living in the Moment and stop Worrying**

****

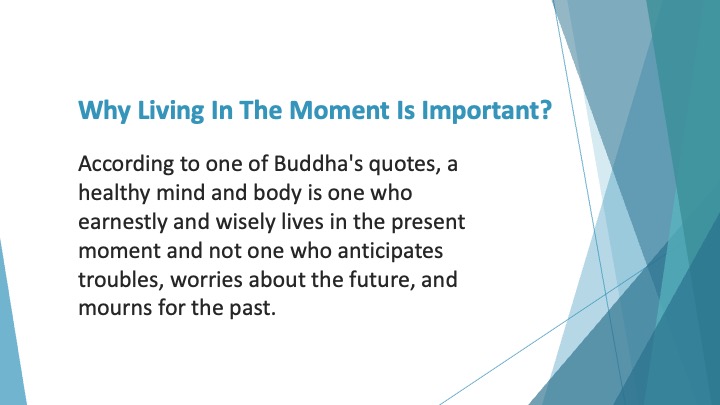
**S1** : In this video, we’ll discover about “How to Start Living in the Moment and stop Worrying”



**S2 :** Oftentimes, we're told how important it is to live in the moment and the many advantages it can fetch. Of course, there are lots of benefits associated with living in the moment and the lowered anxiety and stress levels do make it worthwhile.

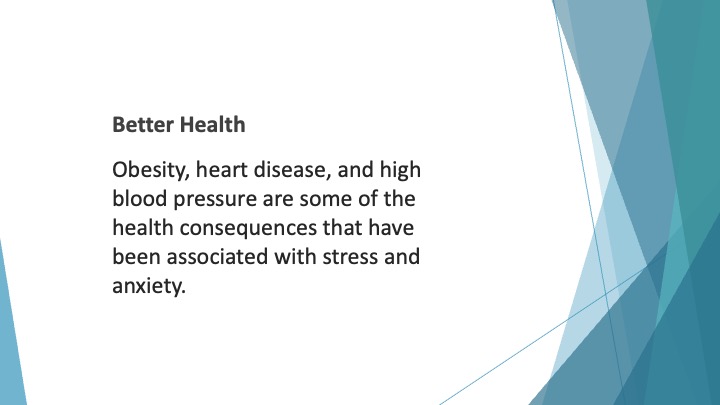


**S3** : However, it doesn't seem as easy as it sounds because, at times, we get to worry too much about what has happened (the past) and what will happen (the future). So, how do we free ourselves from this bondage? Worry not; all of these will be explained.



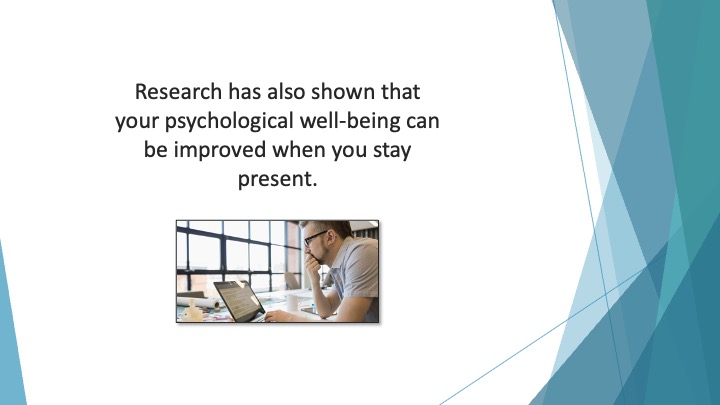
**S4** : Why Living in the Moment is Important?

According to one of Buddha's quotes, a healthy mind and body is one who earnestly and wisely lives in the present moment and not one who anticipates troubles, worries about the future, and mourns for the past. Though living in the moment could be a bit challenging, you stand to enjoy an array of benefits if you can.

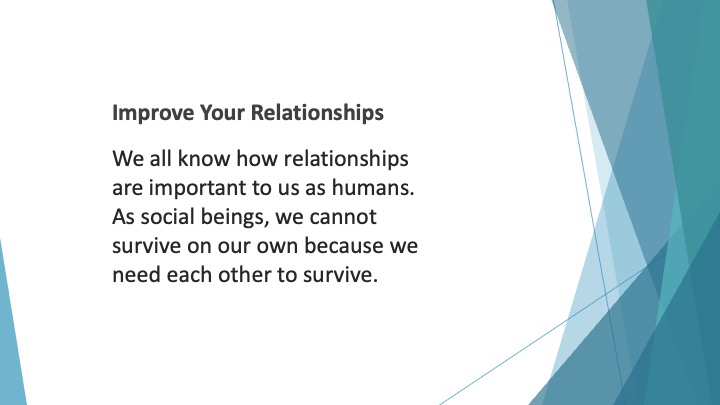


**S5 :** Better Health

Obesity, heart disease, and high blood pressure are some of the health consequences that have been associated with stress and anxiety. You can reduce your levels of stress and anxiety when you start living in the moment.

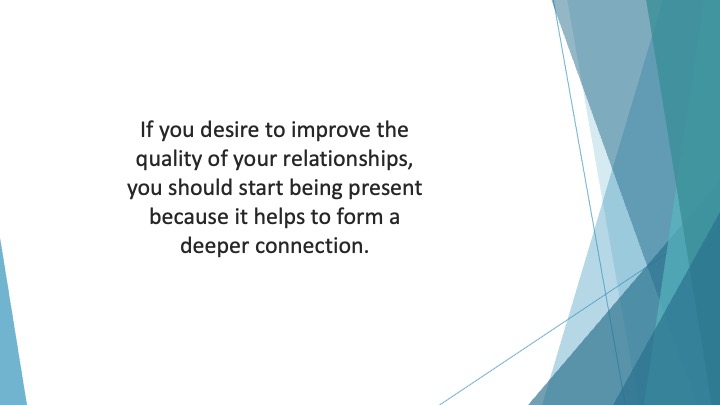


**S6 :** Research has also shown that your psychological well-being can be improved when you stay present.

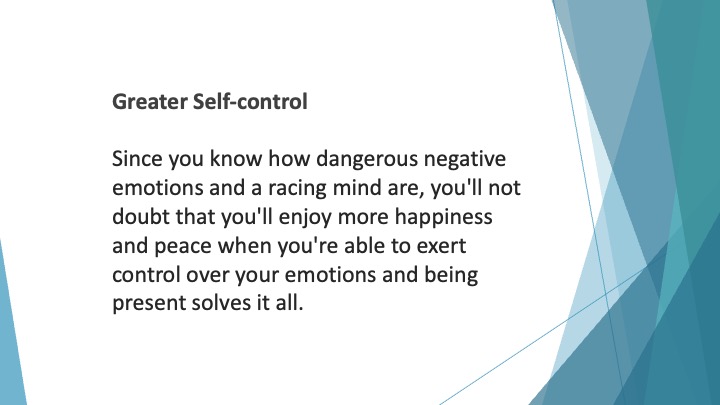


**S7 :** Improve your Relationships

We all know how relationships are important to us as humans. As social beings, we cannot survive on our own because we need each other to survive. With the quality relationships we build, we get to enjoy a better living.

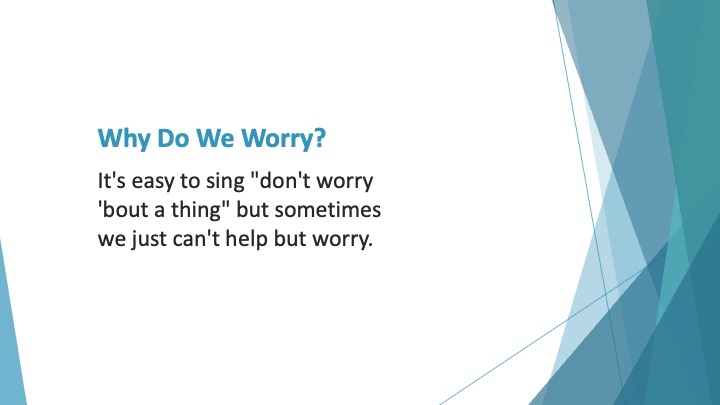


**S8 :** If you desire to improve the quality of your relationships, you should start being present because it helps to form a deeper connection.



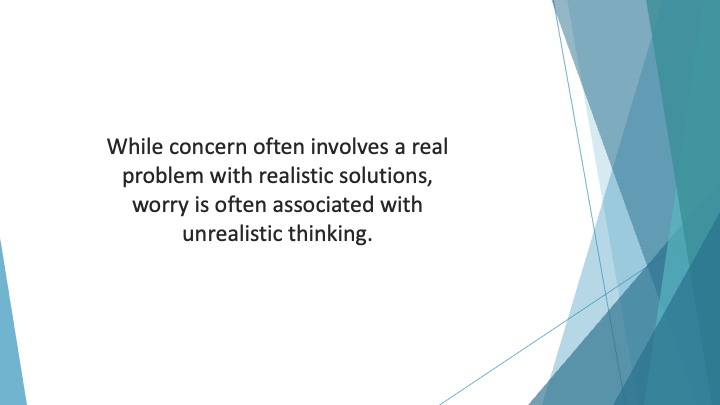
**S9 :** Greater Self-control

Living in the moment helps you enjoy better control of your emotions, body, and mind. Since you know how dangerous negative emotions and a racing mind are, you'll not doubt that you'll enjoy more happiness and peace when you're able to exert control over your emotions and being present solves it all.

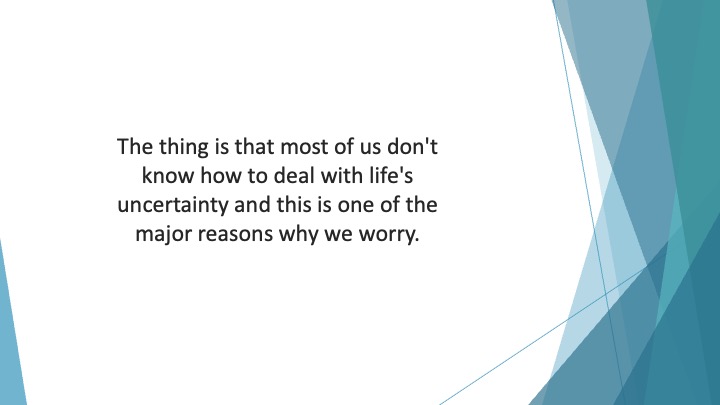


**S10 :** Why Do We Worry?

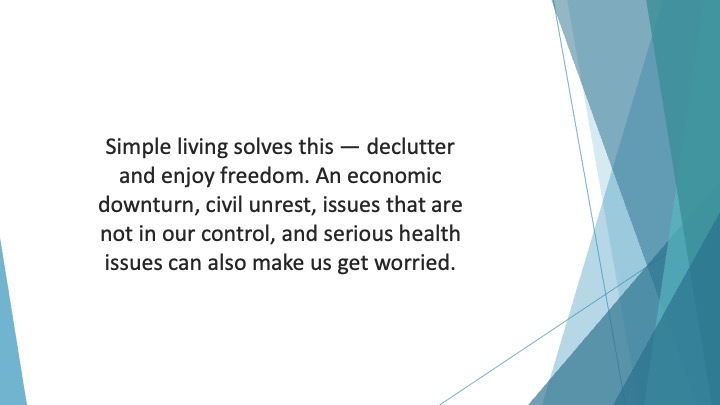
It's easy to sing "don't worry 'bout a thing" but sometimes we just can't help but worry. But then, it's foremost important that you know the difference between concern and worry.

****

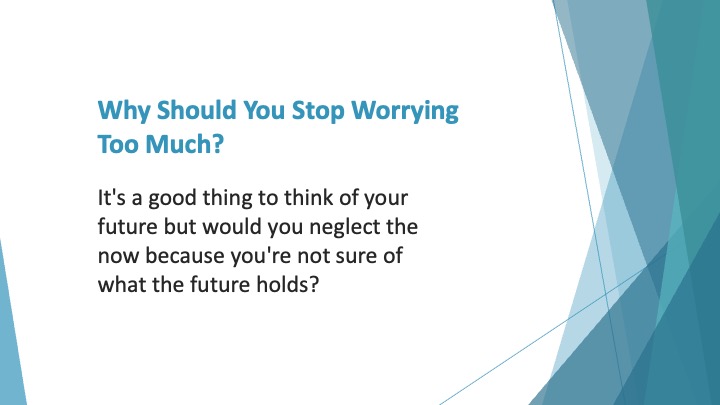
**S11 :** While concern often involves a real problem with realistic solutions, worry is often associated with unrealistic thinking. Oftentimes, we worry over what we shouldn't worry about, we think of the worst that can happen, or even plunge ourselves deeply into ruminating on a nonexistent problem.



**S12 :** The thing is that most of us don't know how to deal with life's uncertainty and this is one of the major reasons why we worry. Another reason why some people worry is due to the many commitments they've committed themselves to and as a result of that, they're constantly worried about what could go wrong and how they can be prepared for "rainy days."

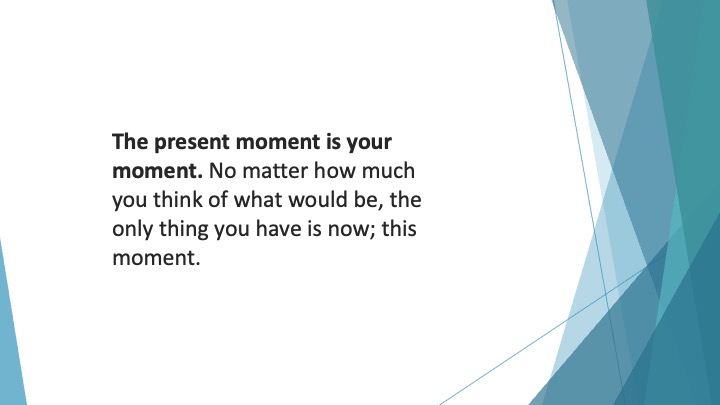


**S13 :** Simple living solves this — declutter and enjoy freedom. An economic downturn, civil unrest, issues that are not in our control, and serious health issues can also make us get worried.

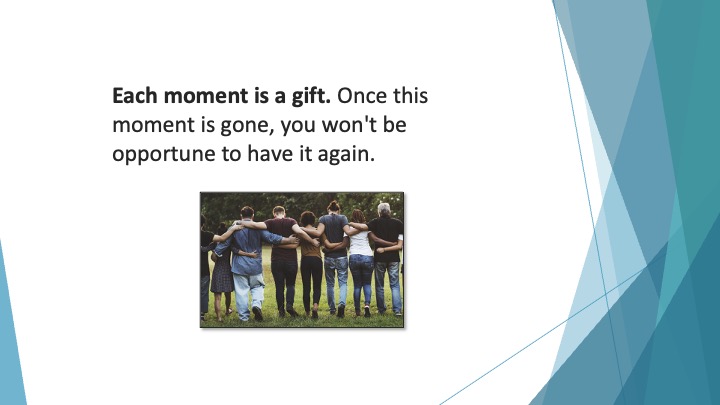


**S14 :** Why Should You Stop Worrying Too Much?

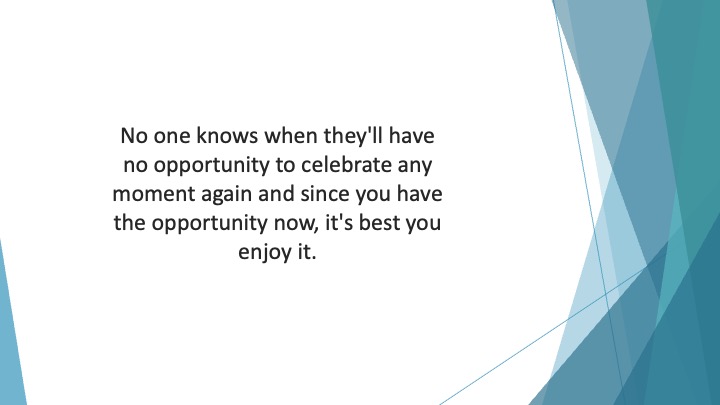
It's a good thing to think of your future but would you neglect the now because you're not sure of what the future holds? Worry steals your joy and you'll be exposed to negative thinking and stress when you're so focused on the future.



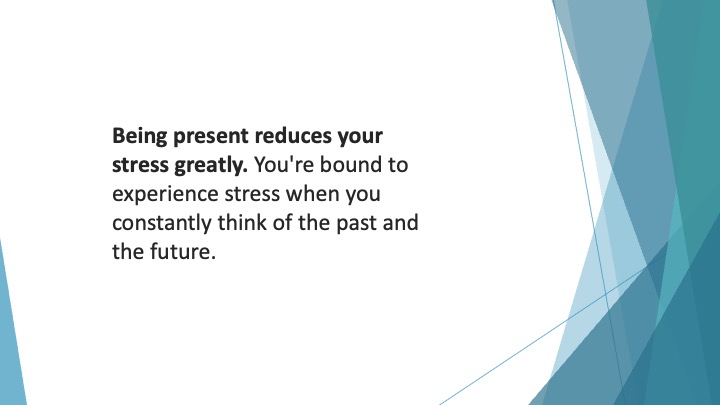
**S15 :** The present moment is your moment. No matter how much you think of what would be, the only thing you have is now; this moment. The only moment you can control is right now and it's up to you to decide if you want to loathe it or enjoy it.



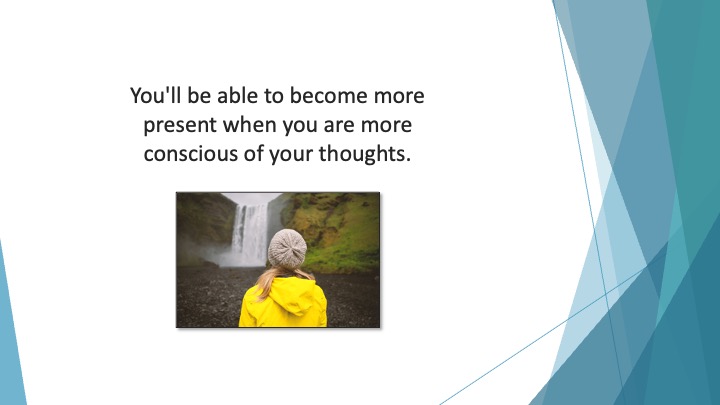
**S16 :** Each moment is a gift. Once this moment is gone, you won't be opportune to have it again. In fact, you can never be sure of the moments you have to experience on earth.



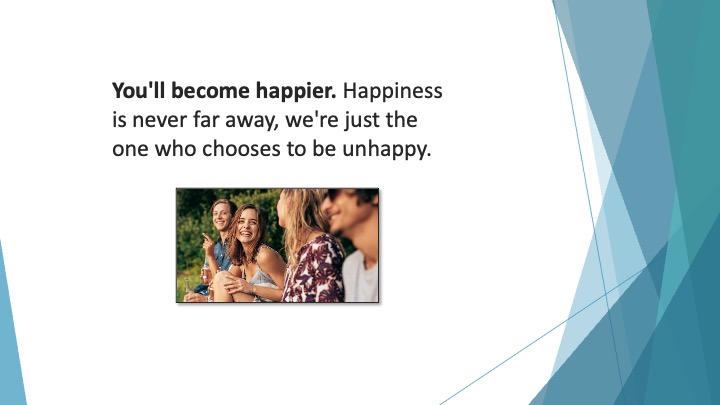
**S17 :** No one knows when they'll have no opportunity to celebrate any moment again and since you have the opportunity now, it's best you enjoy it. Every moment is a gift, value it.



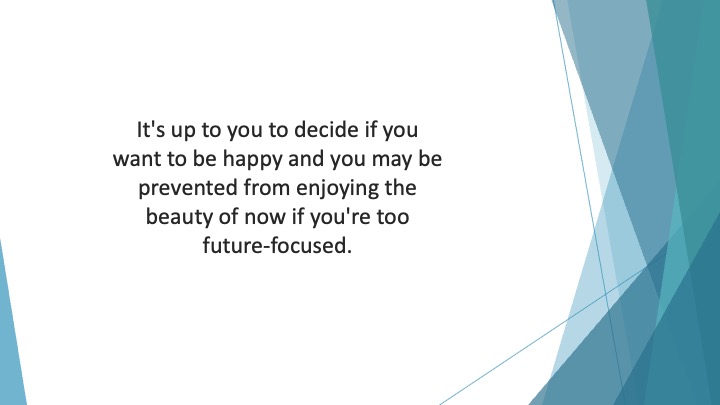
**S18 :** Being present reduces your stress greatly. You're bound to experience stress when you constantly think of the past and the future. Stress can affect your emotional, physical, and mental well-being.



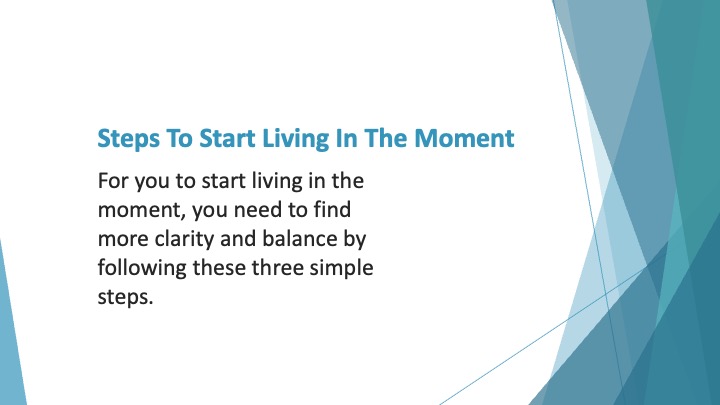
**S19 :** You'll be able to become more present when you are more conscious of your thoughts.



**S20 :** You'll become happier. Happiness is never far away, we're just the one who chooses to be unhappy. Our thoughts on what we could have, who we could have been, or who we should be leave us sad.

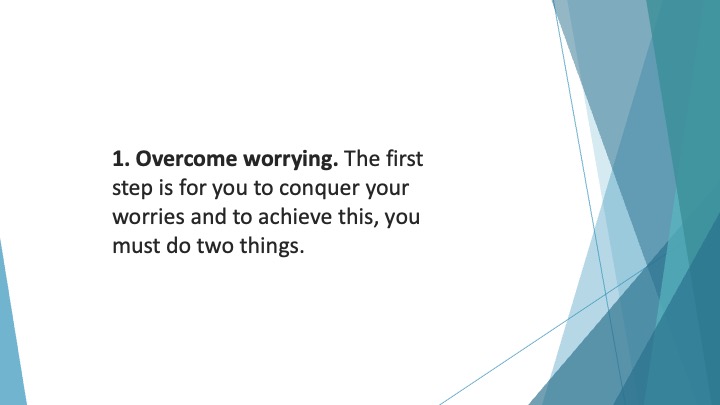
****

**S21 :** It's up to you to decide if you want to be happy and you may be prevented from enjoying the beauty of now if you're too future-focused. So, learn to stay present.

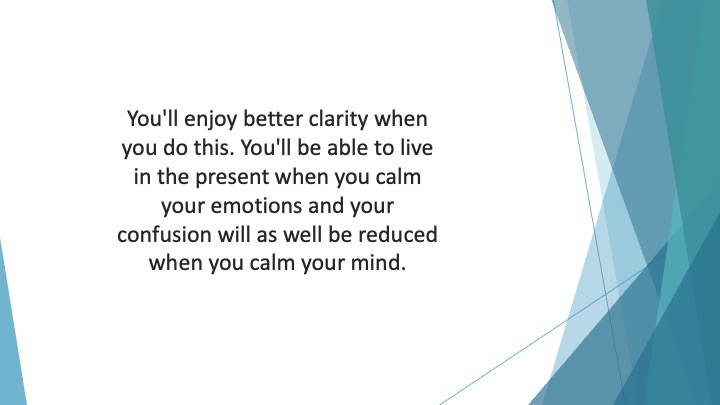


**S22 :** Steps to Start Living in the Moment

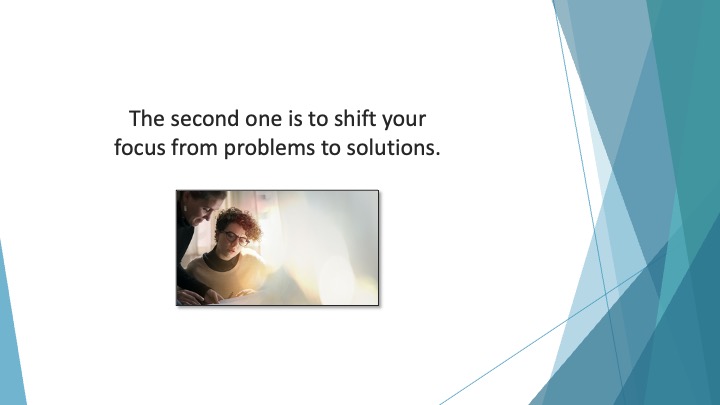
For you to start living in the moment, you need to find more clarity and balance by following these three simple steps.

****

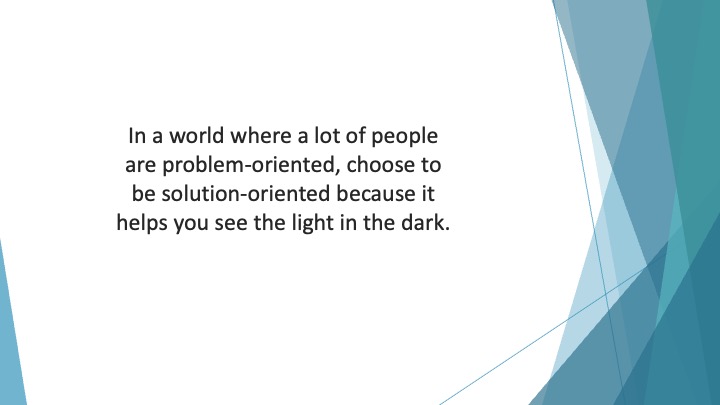
**S23 :** 1. Overcome worrying. The first step is for you to conquer your worries and to achieve this, you must do two things. The first one is to calm your mind.

****

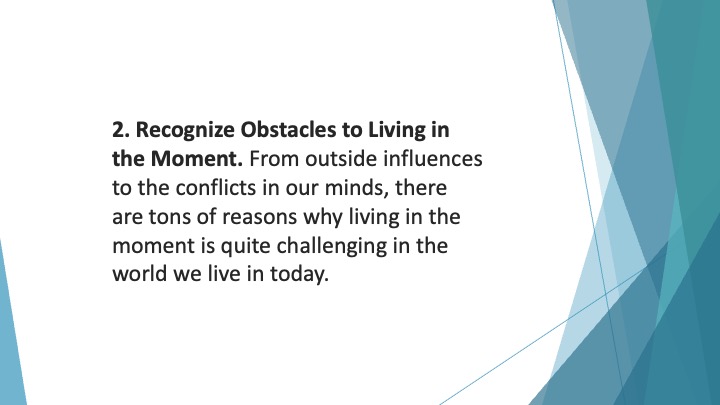
**S24 :** You'll enjoy better clarity when you do this. You'll be able to live in the present when you calm your emotions and your confusion will as well be reduced when you calm your mind. Note that confusion and uncontrolled emotions are what often fuel unrealistic thinking and you'll be able to think more realistically when you have a calm mind.

****

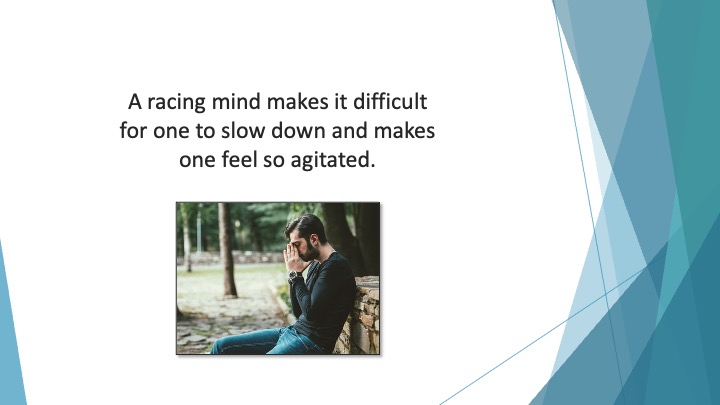
**S25 :** The second one is to shift your focus from problems to solutions.

****

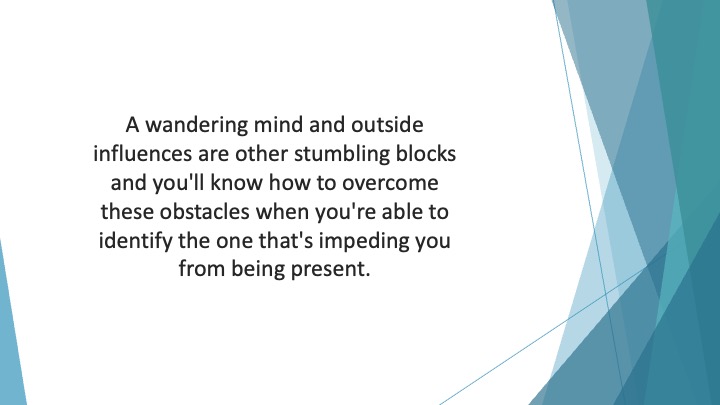
**S26 :** In a world where a lot of people are problem-oriented, choose to be solution-oriented because it helps you see the light in the dark.

****

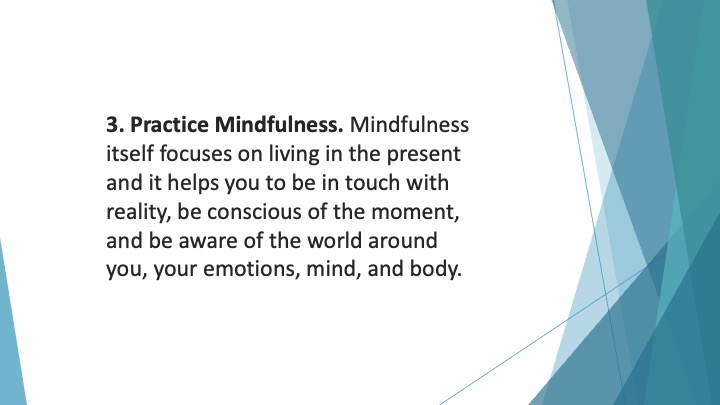
**S27 :** 2. Recognize Obstacles to Living in the Moment. From outside influences to the conflicts in our minds, there are tons of reasons why living in the moment is quite challenging in the world we live in today. One of the obstacles to living in the present is a racing mind.

****

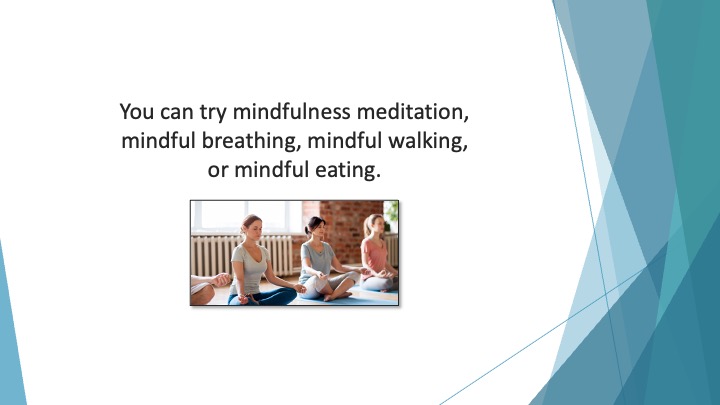
**S28 :** A racing mind makes it difficult for one to slow down and makes one feel so agitated. A troublesome past and unpleasant situation can also make living in the moment painstaking for some people.

****

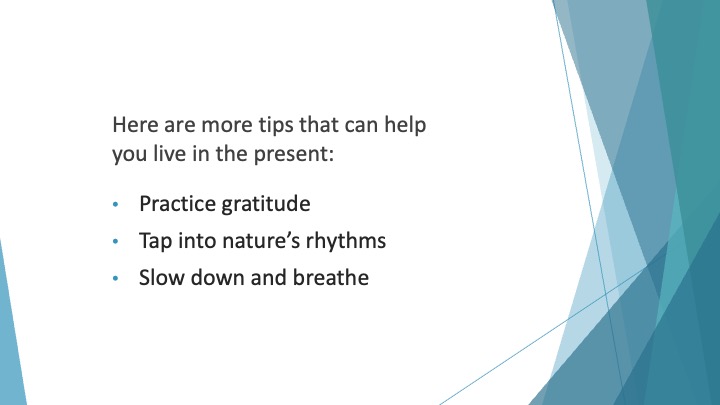
**S29 :** A wandering mind and outside influences are other stumbling blocks and you'll know how to overcome these obstacles when you're able to identify the one that's impeding you from being present.

****

**S30 :** 3. Practice Mindfulness. Mindfulness itself focuses on living in the present and it helps you to be in touch with reality, be conscious of the moment, and be aware of the world around you, your emotions, mind, and body. There's an array of mindful practices you can choose from and you can commit to anyone that suits your lifestyle and appeals to you the most.

****

**S31 :** You can try mindfulness meditation, mindful breathing, mindful walking, or mindful eating.

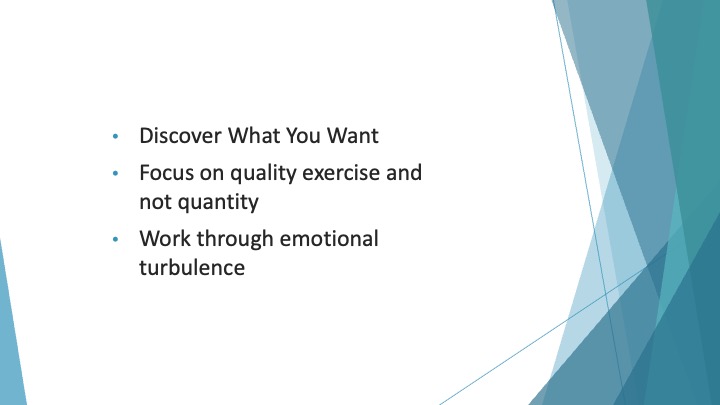
****

**S32 :** Here are more tips that can help you live in the present:

• Practice gratitude

• Tap into nature’s rhythms

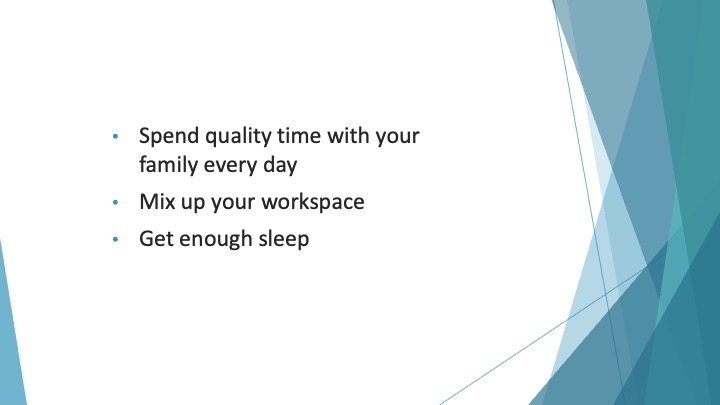
• Slow down and breathe

****

**S33 :** • Discover What You Want

• Focus on quality exercise and not quantity

• Work through emotional turbulence

****

**S34 :** • Spend quality time with your family every day

• Mix up your workspace

• Get enough sleep

****

**S35 :** • Enjoy a moment with a neighbor

• Tap into your creative self