



The Present-Moment Stress Framework

Stress often grows when your attention is somewhere your body isn't.

Notice Where Your Mind Has Gone

Recognise whether you are replaying the past or rehearsing the future.

Separate What Is Happening From What You Are Imagining

Identify the situation as it actually exists right now.

Return To Something Concrete

**Use your breathing, senses or surroundings
to bring your attention back to the present.**

Take The Next Useful Step

Focus only on what you can actually do from where you are.
