

Drop It Exercise

When we settle into the present moment, we can see the beauty and wonders right before our eyes – the things we often miss when we are lost in thought. This is a particularly powerful exercise when walking in nature.

When you become aware that you are stuck in thoughts about the past or that you are worrying about what the future holds, gently but firmly say to yourself “Drop It”.

Then immediately direct your attention to some sensory input. It could be something you see or smell, the sensation of your feet on the ground or of your breath going in and out of your body.

Dropping a stressful chain of thought about the past or future and relaxing into the present moment is a relief. And adding a slight smile can bring with it a sense of peace and wellbeing.

In summary, there are two parts to this practice:

1. Drop It
2. Tune into a sensory experience in the present moment – turn your attention to something in your field of awareness