


Pryanta Healing

Tips for staying Centered and Present in uncertain times



We are living in a time of intense change and upheaval. With the chaos in the world around us, it can be difficult to think clearly, make decisions, and know how to respond to what confronts us in our daily lives. Our power resides in the present moment. The more we are able to stay in the “now”, the more we’re able to effectively meet the challenges that arise.

1. Be mindful of eating foods that help you stay grounded, such as: meat, root vegetables, chocolate, coffee.
2. Take time at the start of your day to check in with yourself. How are **you** feeling? What are **your** concerns today? It’s much easier not to get thrown off by the emotions of others if you know what’s yours and what’s not.
3. What makes you feel most centered and present? It’s important to find out, and make time for this activity on a regular basis.
When you feel present and centered, deeply experience that sensation. Absorb it. The next time you catch yourself feeling off-center, use that experience of being centered and present to bring yourself back to a balanced place.
4. Stay as flexible as possible!! The more you’re able to let go of how things “should” be, the easier it is to respond to what is.
5. Simplify your life...whether this means cleaning out that closet full of things you don’t use, or letting go of commitments that aren’t important to you anymore. It’s easier to stay centered if your personal life doesn’t mirror the chaos in the external world.