

Appreciating Today

By Lisa Schilling RN

When you are trying to maintain healthier habits, it is easy to become overwhelmed or discouraged. This usually happens due to thinking too far ahead or ruminating on past events or experiences. This causes you to lose sight of the present. This loss of focus leads to anxiety and uneasiness. To combat this phenomenon you must focus on today.

Look at how you feel at this moment. What stress are you experiencing in your current environment, at this very moment? Most would say, “Well, none at this second, but...” That is the point, most stress and anxiety results from **thinking** about things that have happened or things that we **think** will happen.

All this thinking in your head produces the negative stress you experience. Do this on a regular basis and you will find it difficult to reach your goals. You actually create a mental roadblock when you live in your thoughts and not in the present.

Take some time to fully be in the moment. Feel your feet in your shoes, bottom on the chair and your fingertips pressed together. Take a few slow deep breaths and feel your abdomen rise and fall. Close your eyes, block out all obtrusive thoughts and picture yourself in a peaceful and comfortable place. This simple strategy will help you to refocus and appreciate where you are today and right now!

....Appreciating the “now” is an almost lost concept. It is easy to get caught up the go, go, go and no longer experience the simple pleasures in life. You can become so engaged in busyness that even when you have more time, you don’t know how to relax and enjoy it.

Many people, who struggle with healthy living, face emotional issues that interfere with them reaching their goals. The group *Emotions Anonymous* has a Credo that could help people who face these kinds of roadblocks. By regularly affirming these truths, emotional issues can be overcome.

You can use the following credo to reaffirm that each day is a choice. By tackling each day as it comes, you will no longer be overwhelmed by how hard it will be to keep up your healthy choices over long run. That kind of thought shifting can help keep you on track.

Emotions Anonymous Credo “Just For Today”

JUST FOR TODAY I will try to live through this day only, not tackling my whole life problem at once. I can do something at this moment that would appall me if I felt that I had to keep it up for a lifetime.

JUST FOR TODAY I will try to be happy, realizing that my happiness does not depend on what others do or say, or what happens around me. Happiness is a result of being at peace with myself.

JUST FOR TODAY I will try to adjust myself to what is—and not force everything to adjust to my own desires. I will accept my family, my friends, my business, my circumstances as they come.

JUST FOR TODAY I will take care of my physical health; I will exercise my mind; I will read something spiritual.

JUST FOR TODAY I will do somebody a good turn and not get found out—if anyone knows of it, it will not count. I shall do at least one thing I don’t want to do, and will perform some small act of love for my neighbor.

JUST FOR TODAY I will try to go out of my way to be kind to someone I meet; I will be agreeable; I will look as well as I can, dress becomingly, talk low, act courteously, criticize not one bit, not find fault with anything, and not try to improve or regulate anybody but myself.

JUST FOR TODAY I will have a program. I may not follow it exactly, but I will have it. I will save myself from two pests—hurry and indecision.

JUST FOR TODAY I will stop saying “If I had time.” I never will “find time” for anything. If I want time I must take it.

JUST FOR TODAY I will have a quiet time of meditation wherein I shall think of God *as I understand Him* and of my neighbor, I shall relax and seek truth.

JUST FOR TODAY I shall be unafraid. Particularly, I shall be unafraid to be happy, to enjoy what is good, what is beautiful, and what is lovely in life.

JUST FOR TODAY I will accept myself and live to the best of my ability.

JUST FOR TODAY I choose to believe that I can live this one day. The choice is mine!