

DS/041/2025-26

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THE POWER OF BEING PRESENT

Dear Parents,
Greetings from Dewvale School!

In today's fast-paced world, we often find ourselves caught in our thoughts—dwelling on the past or worrying about the future. This constant mental activity can lead to stress and disconnection from the present moment.

We encourage everyone to shift from **“living in your head”** to **“living in your body”** by embracing mindfulness. Being present, feeling grounded and noticing before reacting helps us connect meaningfully with ourselves and others. Let us guide our children and ourselves to pause, breathe and be open to experiences.

Please find the attached poster as a gentle visual reminder of the importance of staying present and connected.

Best Regards,



سيما عمر

Seema Umar





LIVING IN YOUR HEAD

- RUMINATING THOUGHTS
- FOCUSED ON THE PAST
- OVERLY WORRIED ABOUT FUTURE
- FUNCTIONING IN AUTOPILOT
- RACING THOUGHTS
- CONSTANTLY DISTRACTED



LIVING IN YOUR BODY

- BEING IN PRESENT MOMENT
- FEELING ANCHORED
- NOTICING BEFORE REACTING
- CONNECTING WITH THE WORLD
- HAVING INTENTION
- USING OUR BODY AS A COMPASS
- LETTING GO OR LETTING BE
- BEING OPEN TO EXPERIENCES

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