



Strategy 1: Awareness

The first strategy in the 5 Strategies to Reclaim Hope. For more about these strategies, find the *Reclaim Hope* book and workbook on our website at www.youuniquefoundation.org/resources.

Awareness is realizing that the only time something can happen is now. Refocus your mind on the present moment instead of the future or past.

- Spending too much time in the past or future can lead to depression or anxiety. **Awareness** brings you back to the present.
- Grounding techniques can restore balance and draw your attention back to the now.
- **Awareness** puts you in a position to make a conscious choice, allowing you to choose how you'll act and respond in a given situation.
- Becoming **aware** of the present moment will help you get out of crisis mode so you can move forward in a productive way.

Examples: Yoga, Muay Thai, coloring, etc.

“Live today. Not yesterday. Not tomorrow. Just today. Inhabit your moments. Don't rent them out to tomorrow.”

— Jerry Spinelli —

Suggested Reading

[The Power of Now](#) by Eckhart Tolle

[Emotional Intelligence](#) by Allan Goldman

[You Are Here](#) by Thich Nhat Hanh