

Wellbeing Tip of the Week

Learn to live in the present



Rather than dwelling on the past or being anxious about the future, the best thing for our mental health is to focus on the here and now.

“No amount of regretting can change the past, and no amount of worrying can change the future.” — Roy T. Bennett.

If we get stuck in the past or are preoccupied by problems that might occur in the future, this can lead us to experience anxiety and low mood.

If we can appreciate what we have now, let go of the past, and focus on solving the problems in front of us, rather than things that haven't happened yet, this can increase our happiness and improve our wellbeing.