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A Moment In Time

by Charleen Phelps
Lead Mentor

We have thousands of thoughts streaming past us daily. What thoughts are you noticing right now? Which ones are you hanging on to? A thought is a thought, nothing more. It is given the weight we allow.

When we consider our thoughts, it is likely that many are about what happened in the past or what's going to happen in the future. The past is the past and the future is yet to be. What we actually have is this *one moment in time*.

So how might we get to a moment? What happens in a moment? A breath? A smile? A sensation?

How might we find one moment of joy?

Think about your breathing right now. One breath. That's the moment.

Sit quietly and consider your five senses to explore this idea.

Think about something you love to look at: a sunset, the ocean, a mountain. Notice what comes up for you?

What about a sound? What do you love to hear? Music, a baby's laugh, a loved one's voice?

Sensations can also give us joy in the moment. A favorite sweater, sand at the beach, a cool breeze. What is yours?

There are also aromas we enjoy. Perhaps it's baking bread or a favourite flower. Bring something to mind.

The experience of taste influences us as well, enjoying the moment of each bite of food. What are your favorites?

What is one thing, one moment you will allow yourself today?

Think about the value in bringing ourselves back to this one moment. What might this mean for a person living with dementia when we are "in the moment" and in their "moment of time"?

Charleen Phelps, R.N., works as a mentor for Teepa Snow's Positive Approach ® (PAC), a training and advocacy organization for those working or living with dementia. She trained as a Registered Nurse with a specialty in Mental Health at the British Columbia

Institute of Technology and has over 40 years experience in the health care field within hospital and community. This has included geriatrics, mental health and various group programs. Charleen's practice has also included writing, consulting/counselling, medico-legal investigations, and staff training. Her most recent position was as Director of Residential and Transitional Care at a general hospital. Charleen now takes the opportunity through PAC to help others create a positive influence in the lives of those persons living with Dementia.