

Anxiety & Depression



MOORE
—MINDFUL SERVICES—
COMMITTED TO YOU!

Future and Past Thinking

Our mind is fantastic at pulling us away with stories of our past or worries about the future. These thought processes lead to the two most common struggles we will all face at some point in time, anxiety and depression. Anxiety is the worry of the future and depression is the rumination on the past. Both these mindsets pull us away from what is most important, this moment right now, the present. As the saying goes, *the present is called the present because it is a gift*. This is why the practice of mindfulness is so important. We can't change the past and we can't foresee the future but, we can live a meaningful life and make the most of the gift that is the present moment.

