



Is This Really a Big Deal?

Learning to right-size urgency and stay in the present moment

Some situations really do require immediate action. Many others only feel that way because discomfort, uncertainty, anger, fear, or anticipation makes the moment seem larger than it is.

When my mind jumps ahead, I can start reacting to what might happen next instead of what is actually happening now. The goal is not to minimize the situation. It is to get accurate.

What Is Happening, and What Is My Mind Adding?

WHAT I KNOW RIGHT NOW

Facts I could describe without guessing what another person means or predicting what happens next.

WHAT MY MIND IS PREDICTING

The story, consequence, meaning, or future outcome I am already reacting to.

How Big Is It, Really?

3

ACTUAL EMERGENCY

Immediate safety, medical danger, legal risk, or a true time-sensitive consequence.

2

IMPORTANT, BUT NOT IMMEDIATE

It deserves attention, but I have time to think, gather information, or ask for help.

1

UNCOMFORTABLE, NOT DANGEROUS

I want relief, certainty, reassurance, control, or an answer, but nothing requires action right now.

Will I remember this a year from now?

Yes Maybe Probably not

What am I afraid will happen if I do not act right now?

There are fewer true emergencies in my life than my mind sometimes tells me there are.



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Using mindfulness to come back to what this moment actually requires

Mindfulness is useful because urgency often pulls me out of the present. My body is in this moment while my mind is already arguing with tomorrow. Coming back to right now helps me respond to reality instead of reacting to everything I am imagining.

Come Back to Right Now

- 1 NOTICE**
Where is the urgency showing up in my body? Tight chest, racing thoughts, heat, restlessness, pressure to act?
- 2 BREATHE**
Slow the body enough to observe the moment. I do not need to solve anything during the next few breaths.
- 3 NAME**
What am I actually feeling? What do I know? What am I assuming? What am I predicting?
- 4 RETURN**
Bring attention back to what is in front of me now. What does this moment actually require?

What Does This Moment Actually Require?

What is the situation I am treating as urgent?

If I wait 20 minutes, an hour, or until tomorrow, what actually changes?

What would a calm response look like?

My next move

Act now | Schedule it | Ask for help | Wait and observe

I can respond to what is happening without reacting to everything I am imagining. The future may require action.
This moment may only require me to stay here.