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# Mindfulness in Our Everyday Lives

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[Root3d](#)

Holistic health to balance the mind, body, and soul

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*Create a space for mindfulness even if it's just a candle in a corner of a room*

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## What Is Mindfulness?

- Being in the present moment
- Observing our internal and external environment without judgment
- Responding to life in the moment rather than reacting

## What Is it Not?

- Mindfulness is not ignoring responsibilities
- It is not being apathetic to life
- It is not being someone we are not

## Bring Your Mind Back!

1. Find your word!
  - a. Example: Love, calm, focus, gift, practice, respect
2. Connect and breathe with your word
3. Breathe your word into your body
4. Exhale the things that stand in the way
5. Open your eyes and take in your surroundings
  - a. What do you see?
  - b. What do you feel?

## Physical Anchor

- Find an easy and accessible anchor
- Hold that gesture
- Breathe your word into your anchor

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*Exhale external distractions that take you out of yourself*

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## How can Mindfulness Help You?

- More clarity to see the choices you have
- Decrease stress (cortisol, adrenaline)
- Deepen your connection to your life

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*There is not enough time to rush.*

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## Mindfulness Practices

### Belly Breathing

- Soften the body
- Work with your breath to send messages of safety to your body
- Notice the changes in your body

### Alternate Nostril Breathing

- Exhale completely and then use your right thumb to close your right nostril
- Inhale through your left nostril and then close the left nostril with your finger
- Open the right nostril and exhale through this nostril

### Body Visualization

- Feel what is supporting your body
- Let bottom half of your body grow heavy towards the earth
- Bring breath into your grounding
- Let gravity ground you

### Tune into the 5 Senses

- 5 things you feel
- 4 things you hear
- 3 things you see
- 2 things you smell
- 1 thing you can taste

### Notice Your Internal State

- Where are you holding tension?
- Are you having rigid thought patterns?

## Accessibility of Mindfulness

- Take something you connect with and make it a practice
  - Ex: morning cup of coffee
- Try not to create more resistance