

# Mindfulness in Our Everyday Lives



**Chelle Peam**: Co-founder of Root3d

Licensed Clinical Social Worker, Cat Mom, Yoga Practitioner, Recovering Racing Thoughts Practitioner

**Root3d**: Holistic health to balance the mind, body, and soul

<http://root3dhealing.com>

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



## What is Mindfulness?

- Being in the present moment
- Observing our internal & external environment without judgement
- 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!
- 2 Connect and breathe with your word
- 3 Breathe your word into your body
- 4 Exhale the things that stand in the way → What do you see?
- 5 Open your eyes & take in your surroundings → What do you feel?

Love, Calm, Focus, Gift, Practice, Respect

### PHYSICAL ANCHOR

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

Exhale external distractions that take you out of yourself

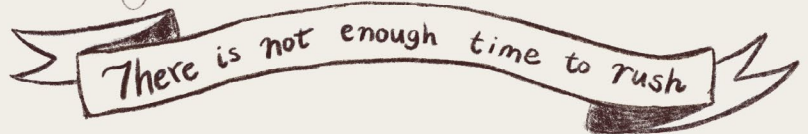


## How Can Mindfulness Help You?

15 min behind on a meeting → 2 hours ahead on a deadline



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



## 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 w/ your finger
- Open the right nostril & exhale through this nostril



### Body Visualization

- 1 Feel what is supporting your body
- 2 Let bottom half of your body grow heavy towards the earth
- 3 Bring breath into your grounding
- 4 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