

chill chief

midday mindfulness

**ten techniques for
everyday life**

about the chill chief

Chill Chief is a community built to help real people learn about natural wellness techniques to manage anxiety and mental health.

A happy intersection between science and experience. Chill Chief makes hard-to-understand topics, like mindfulness and supplements, simple and easy to apply to everyday life.

A haven created for people looking to build a wellness plan that fits their specific needs and thrive regardless of their mental challenges.

Angela, the founder of Chill Chief, has 20+ years of experience living with anxiety, many of which she has spent exploring different techniques to manage it. She advocates for real conversations around mental health to raise awareness and connect those who feel alone in their struggles.

what's inside

03 mindfulness benefits and overview

04 breathing techniques

06 sound exercises

08 body sensations and grounding

10 mindful eating

11 walking meditation

12 mindfulness on-the-go

what is mindfulness

benefits

The American Psychology Association's review of current research shows that mindfulness has been observed to:

- reduce thought rumination
- lower stress and anxiety
- boost working memory
- strengthen focus
- reduce Depression
- lower emotional reactivity

definition

Mindfulness is non-judgmental awareness and acceptance of everything as it is, including thoughts, feelings, and sensations.

Mindfulness is a way of living. A formal mindfulness practice consists of sitting in meditation. Informal practice is carried throughout daily life as a way to interact with the world around us.

types of mindfulness

Jack Kornfield, who has taught meditation internationally since 1974, explains 3 different types of mindfulness.

1. Being intimately aware of a specific sensation or experience.
2. As the observer of experience.
3. As the witness of the observer of experience.

wonderful moment breathing

taught in Thich Nhat Hanh's book "Peace Is Every Step."

the what

Thich Nhat Hahn is a Zen meditation master and peace activist who largely brought meditation to the West.

"Present moment, wonderful moment breathing" aligns thought with each breath. Slowing down and concentrating on one task unifies the mind and body. This mindfulness exercise also increases connection, warmth, joy, and openness.

the how

Repeat the following phrases while breathing:

- Inhale - Breathing In, I calm my body.
- Exhale - Breath out, I smile.
- Inhale - Dwelling in the present moment.
- Exhale - I know this is a wonderful moment.

The practice can also be shortened to, "Calming, Smiling, Present Moment, Wonderful Moment."

Quick "How to": Breathe and repeat these phrases. Inhale "Calming" Exhale "Smiling" Inhale "Present Moment" Exhale "Wonderful Moment"

When to use this technique? Transition moments between activities, during walking meditation, when feeling overwhelmed by tasks or disconnected from those around you.

4-7-8 breathing

pranayama (yoga) breath expanded on by Dr. Weil

the what

Dr. Weil is a director of the Andrew Weil Center for Integrative Medicine at the University of Arizona, clinical professor of medicine and professor of public health.

He further developed the 4-7-8 breath to calm the nervous system in times of stress, thus presenting a moment to connect with the breath and introduce mindfulness.

the how

before starting

- sit or lie down
- place the tip of your tongue on the roof of your mouth right behind your teeth
- push all the existing air out of your

the breath

- inhale through your nose for a count of 4
- hold your breath for a count of 7
- exhale forcefully out of your mouth (with the tip of your tongue on the roof of your mouth) for a count of 8 while making a "whooshing" sound
- Repeat for 4 breath cycles

The speed of the exercise does not matter as long as you keep the tempo steady.

When to use this technique? Practice 2 times a day for 4 to 6 weeks before attempting to use in a specific situation. I have personally used this technique to avoid an anxiety attack.

attentive listening

elaborated on in Sam Harris' Waking Up app

the what

Working with sounds brings about the third type of mindfulness that Jack Kornfield introduced previously. This type of mindfulness is expansive and enables a fuller, more all-seeing kind of awareness.

Sam Harris introduces the art of paying attention to sound on his Waking Up app. Sam has a Ph.D. in neuroscience and has studied meditation for over 30 years.

the how

The steps of paying attention to sound in a mindful way can be practiced anytime and in any location.

- Sit, stand, or lay down in a comfortable position.
- Close your eyes to focus more closely on sound.
- Listen carefully as every sound rises and falls away.
- Notice each sound's exact quality as it passes through your awareness.

Advanced *If a thought arises, do not push it away but rather watch it unfold as if it were another passing sound, then return to external noises.*

Quick "How to": Get comfortable. Close your eyes. Listen carefully to every sound that arises. Treat thoughts the same as any external sound.

When to use this technique? When feeling stressed at work, to get closer to an enjoyable moment, or to give the mind a second to rest when feeling overwhelmed. In meditation, sound can be an anchor rather than the traditional breath anchor.

bell or chime calming

used in traditional forms of meditation and yoga

the what

Often at the beginning of a traditional meditation or yoga session, the teacher will use a singing bowl to promote calming and relaxation. These bowls have a thick edge that makes a ringing noise when slowly circled by a wooden stick.

In Plum Village, a Buddhist Monastery founded by Thich Nhat Hahn, a daily bell chimes and everyone in the village stops whatever they are doing just to listen.

the how

To practice this activity, purchase an instrument to provide the sound - some objects you may consider are:

- a set of bells
- wind chimes
- a singing bowl

At least once a day step over to your instrument and ring it. Now stop all activities and listen until the sound fades away.

using our five sense

a grounding technique to connect with the body

the what

The "Five Senses Exercise" is a grounding technique that uses all five senses to root down and feel entirely centered in the body.

It encourages the brain to refocus from ruminating thought to right-now happenings.

When to use this technique? This technique is useful when lost in thought or when feeling disconnected from the body. It can help recenter an anxious or overwhelmed mind.

the how

FEEL - name 5 sensations that you can feel in your body.

example: a soft shirt, the pressure of a chair, or tingling in your fingers

HEAR - name 4 things you can hear.

example: a dog barking, the sound of cars passing or the air conditioning running

SEE - name 3 things that you can see.

example: a red dog leash, a lavender bush, or an wooden office desk

SMELL - name 2 things you can smell.

example: fresh air, wooded trees, or asphalt

TASTE - name 1 thing you can taste.

example: leftover cookie crumbs, toothpaste, or morning breath.

body scan grounding

commonly used in formal meditation practice and yoga

the what

Paying attention to sensations acts as a grounding technique to relax the mind and draw attention to feeling alive in the body.

The body scan technique is commonly used at the start of a mindfulness meditation session and throughout yoga and other therapeutic practices.

the how

- sit or lie down in a comfortable position.
- close your eyes to reduce the number of stimuli.
- mentally scan the body for sensations - heat, cold, tingling, pressure, etc.
- start at the top of your head and work all the way down to your feet.
- Pay close attention to what each area of the body feels like.

Tara Brach, psychologist and meditation leader, explains it as "feeling from the inside out." It can be difficult at first for many people to feel much below the shoulders. Any feeling (or no feeling) is entirely okay.

Quick "How To": Get into a comfortable position. Close eyes. Pay attention to sensations in each part of the body. Start at the top of the head and work to the toes.

When to use this technique? When thoughts are racing, lost in thought or when you feel disconnected from the body.

mindful eating

connecting and bringing joy to a basic human experience

the what

Many of us use food only as a tool for nourishment, but it can also be used as a tool for mindfulness. Instead of eating in front of the TV or during conversation, this time can be used to pay close attention to food and the sensory experience it creates.

Mindfulness allows for the authentic experience and pure enjoyment of eating. It promotes a healthier relationship with food and the nourishment it offers.

the how

To set up this experience, eat somewhere away from the TV or with the TV turned off and make others nearby aware of your intention to speak minimally.

- pay close attention to the food's aroma
- take close consideration of how the food appears
- with each bite, become aware of how the food feels in your mouth
- Mentally note how each flavor tastes on your tongue.

Quick "How To": Eat away from the TV or other distractions. Pay close attention to the sensory experience of eating - smell, look, feel, taste.

When to use this technique?

During a particularly tasty meal, while snacking during the day, or eating alone. Turn off the distractions and just eat.

walking mindfully

from the Thich Nhat Hahn book "How to Walk"

the what

Mindful walking is effortless and allows you to become close to the experience of walking, breathing, and smiling.

Walking without a physical destination but instead to arrive in the present moment with "concentration, joy, insight, and the momentary enlightenment of aliveness."

the how

To begin this practice begin walking with no specific destination.

Move leisurely without rushing and notice each foot touch the ground.

Pay attention to your inhales and exhales.

For an additional layer to this practice, you can recite the "wonderful moment breathing" while walking. (pg 4)

No need to time your breaths and steps together.

“ When you walk, arrive with every step. That is walking meditation. There's nothing else to it.”

Thich Nhat Hahn

Quick "How to": Walk with no destination. Focus on your feet as they touch the ground, bodily sensations, and your breath.

When to use this technique? Anytime you are walking - for instance while walking your dog, between transitional moments at work, or during an intentional mindful walk outside.

mindful pausing

using stillness to react instead of respond

the what

Jon Kabat Zinn, a professor of medicine and the creator of the Stress Reduction Clinic and the Center for Mindfulness in Medicine, Health Care, and Society at the UMass Medical School, describes mindfulness as, "...paying attention in a particular way: on purpose, in the present moment, and nonjudgmentally."

Mindful pausing is the act of stepping between the stimuli and a reaction. A pause that allows you to respond to a situation rather than react.

the how

Once you learn how to invoke an attitude of mindfulness, you can begin to use these techniques when intense emotions arise.

- become aware of a negative or painful emotion. *for example, annoyance in traffic or anger at a coworker*
- pause and allow the emotion to be as it is
- without reaction, observe the feeling kindly and without judgment
- return to the present moment through the breath, sounds, or sensations
- now, respond.

Quick "How to": Become aware of negative emotion. Pause and allow. Observe the feeling without judgment. Return to the present moment. Respond.

When to use this technique? During a triggering conversation, waiting in line, or during a frustrating encounter

peacefully transitioning

making ordinary moments worth remembering

the what

Every day, we have an uncountable amount of transitional moments - for instance, walking into work, waiting on the elevator, or moving between activities. Each moment has the infinite potential to be experienced fully.

the how

Next transition moment, bring this practice to the front of your mind.

Starting out with one specific transition may help recall this practice more easily.

Intently concentrate on any

- sensation
- sound
- thought
- feeling
- sensory experience that arises

Allow each sensation to arise and pass without judgement.

Quick "How To": Select one transition moment to start. Focus on any internal or external experience that arises. Breath and smile.

Expand this to multiple transitional experiences to litter your day with little moments of mindfulness, presence, and joy.

When to use this technique?

Between meetings, when walking from your car to your destination, washing dishes, waiting for the shower to heat up, sitting at a stoplight, anytime and anywhere.

next steps

Did you enjoy the information in this eBook?

Join the Chill Chief community on instagram [@chillchief](#) to stay up to date on everything mental health related from awareness campaigns, uplifting quotes, relatable stories and real life techniques to manage anxiety.