



Finding Ease...

...in body, mind and heart

**Your Toolbox for slowing down,
finding calmness and connecting
to you and your surrounding
- wherever you are**



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Life - it can be challenging.

It will put us off balance, and we lose ourselves at times.

Whether you move around in the world, like me, or settled down.

Especially in moments of overwhelm, it helps to find calmness and balance in the things around and within you, to simply connect to yourself.

It doesn't have to be difficult or complicated! Feel less overwhelmed by bringing your awareness back to your senses and feelings!

This little booklet is kind of a "plug-and-play" intro to bring more awareness into day-to-day life. See what speaks to you, and try it out throughout your day!

Once you are comfortable with one "tool," you may want to try others, and over time you have your own toolbox for instant relaxation whenever you need it and wherever you are!





Breathing

Deep belly breathing (also known as diaphragmatic breathing) is such a powerful tool. It may take some time to get used to, though, especially if you tend to be a “chest breather”.

If you are new to this, placing a hand just above the area of your navel might help to feel the breath sensation. Inhale deeply (but do not force it) through the nose, and follow the breath sensation all the way down to your belly. If your hand is on your navel, you should feel that one moving and keep the muscles around your belly soft/relaxed.

Exhale through your nose and feel your belly slowly soften towards the spine. Repeat 6-10 times.

In the next step and to keep your mind focused on the breath, try to have your exhalation double the length of the inhalation, meaning inhale to the count of 3, 4 or 5 and exhale to the count of 6, 8 or 10.

Try this with the grounding, and you have a powerful duo to relax your body and mind and feel your strength!

Grounding

Grounding helps to calm and slow down the mind. It brings us emotional stability; provides a strong base, especially in unsettling situations. It is a great way to bring awareness to the present moment. To ground yourself, focus on the sensation of your feet on the, well, yes, the ground (barefoot is best but not always an option, so practice this with shoes on, too!). Imagine you're standing on a small piece of paper which is placed under the soles of your feet.

Then, starting at the base of your small toe, you want to stand on all corners of the paper. Starting with the small toe, bring your awareness over to the bottom of the big toe and back to the left and right sides of the heel. Place your feet firmly but not forcefully onto the ground, leaving your toes light, relaxed, and feeling the complete sole.

Then take a moment to observe your balance. Do you have more weight towards the left or right, front or back? Try to find your center. Feel the sensation of strength moving up from your feet to your legs, into your spine, chest, shoulders, neck, and head.

Feel the sense of standing tall and strong. Close your eyes if you like it, and let calmness and strength, reach your breath and mind.



Feeling

Life - it takes us on a rollercoaster ride of emotions and feelings. We go up and down, turning and swirling. On some days, they can change within a matter of minutes. And constantly keeping it "all together" is exhausting. So allow space to give in to what and how you feel - the good and the sad ones.

Acknowledging, naming and sitting with the feeling often helps to lift some sadness, reduces the pressure we feel under and makes space feel free-er. So sit and feel the emotion! Let the tears stream down the cheeks when needed. It is cleansing to let them flow instead of always holding them back.

But don't just sit with the negative. Make sure to feel and acknowledge when you, for example, feel joy, pride, accomplished, grounded, stable, and happy too! Feel and name all the feelings!

Giving in to your feelings, the good and especially the tougher or neutral ones, allows you to shift the energy within you into something more positive and lighter.

Sense of Sight

Next time when you are out and about, try not to rush along the streets, the beach, the walkway, through the city, the mall or the park.

Instead, allow yourself to slow down and become aware of your surroundings! It could be the clouds in the sky, the swaying & waving leaves on the trees, the structure of the buildings around you, the sand and water under your feet, and the decorated windows.

Did you notice the crack in the wall, the ant carrying a heavy load on the ground, the bird singing in the tree, or the crabs coming out of their holes? And did you see how the sun reflects on the windows or the water puddles on the street?

Zoom in to - not away from - what is around you, and sharpen your senses. Calmness and joy often lie in the little things around us, don't miss out. Take your time to see what is around you! And ignore your phone!





Sense of Smell

Whether out and about at home or work, bring awareness to the smell around you.

When was the last time you paid attention to the smell of baked goods from the bakery, the fried garlic at the restaurant you passed, and the coffee served at coffee shops? The fresh-cut grass or the flowers you passed?

At home or work, use some essential oils to create a place where scent helps you relax, energize or focus. Use (good) essential oils on the go to de-stress to energize for a quick pick-me-up. A roll-on stick comes in handy here, I find.

Did you ever pay attention to the smell (and touch) of dishwashing liquid while doing the dishes? And why not ground yourself before you switch off the water when you shower? Lather your arms and hands, take a few deep breaths, and enjoy the scent. Use moments like these to transition before you step out and allow the day to start.

A smell or scent can also take you back to some place from the past. They might trigger some lovely memories (for me, it's the scent of lemongrass and frangipani!). Combine smell, breathing & grounding - and you have another toolbox combo to connect to yourself right at your hand.

Sense of touch

When was the last time you truly noticed how something felt in your hands?

Like a leaf, sand, flower petals, a soft pillow or blanket. The sensation on your hands of the ingredients you use when you bake or cook?

How do your clothes feel on your skin? Do you notice the different fabrics?

The dishwashing liquid and warm water while you do the dishes. Pay attention, and it might feel less like a chore than too!

And similar to the smell, when you shower, try to bring your awareness to the shampoo or soap. But this time, observe how it changes from the first touch to when it becomes foam when you lather your body or shampoo your hair. Find moments throughout the day to really feel what you touch!

Observing touch and paying attention to the sense of smell simultaneously work well together!





Sense of Taste

Next time you eat, don't just dig in.

Instead, pause, slow down and take a moment to really taste (and feel) your food or drink! We often miss out on the subtle but lovely sensations and flavours while eating & drinking, especially when absent-minded.

When you sip your drink, feel the warmth/coolness and its temperature change. Do you feel any sensations like tingling on your tongue? Sometimes, I love to slow down and sharpen my taste buds with a piece of chocolate.

Place a piece of chocolate on your tongue. Pay attention to how it feels on the tongue, how the sensation changes once it gets warmer and softer, and how the taste changes, too. It is similar to a mindful eating practice.

So, don't just chew and swallow the next time you eat or drink. Instead, take a moment to experience and entirely give in to that taste sensation!

Sense of Hearing

Learn to notice more sounds around you, sharpen your hearing to the music you listen to or let sounds around you "travel" to you when you sit quietly somewhere.

You may be surprised by what you hear and suddenly notice - like the sounds of the flapping bird's wings, the breeze in the trees, kids laughing, the "melody" of sirens in the far distance, the honking car, the buzzing bee, the humming melody of the aircon?

Some sounds may calm you down; others may irritate you. But no matter what or how the sound comes to you, try not to "judge" or label it. Instead, just acknowledge it as a sound that briefly caught your attention. Neither good nor bad.

Let the sounds around you come and go, like the waves along the ocean shore.





SUMMARY

Our five senses (Touch, Smell, Hearing, Taste, Sight), breath awareness, grounding, and increased attention to our feelings are all tools you have within you! And they can help and guide you. Don't force anything. But allow yourself to work with and experience them so that they can bring some calm, joy, strength and ease into your life.

To round this up and to give a personal insight, when life gets crazy for me, I tend to put a soft alarm a few times throughout the day. When that one goes off, I pause and pay attention to what is around me. Can I sharpen any of my senses, or would some breathing and grounding help me at that moment? And after that short pause, I continue with what I did with more awareness. Obviously, all in a safe setting, not while I am driving, for example!

Good things can't be rushed. But pausing and observing any of your senses invites you to tune in to yourself throughout your day. It brings you back to the moment, out of any "head funk" you might feel stuck in and can energise body, mind and soul.

About Finding Ease

Yes, life is filled with excitement, joy, worries, fears, and concerns. And due to all that, you can easily lose yourself there for a bit. Your feelings and emotions are real, but you feel lost or lonely and find yourself struggling alone.

I started Finding Ease to guide women who feel emotionally overwhelmed or a bit lost. I focus on that area because I experienced it myself and know how disconnected it can make you feel in various ways, but it shouldn't be this way.

I've been living abroad for more than 18 years. Having lived in Belgium, Singapore, Egypt, Japan and currently, Oman. Alone, as a married couple and as a family with three kids. And as I go along, I'm finding my way and ease in this crazy thing called life. As a Wellbeing Guide, I offer coaching sessions reflecting and bringing awareness to all areas that affect your wellbeing, often combined with the beautiful tools of Points of You®, and, locally only, I offer yoga and outdoor fitness classes.

This toolbox is here to bring you some instant support, connection and joy, especially in moments of "it all feels too much". But it's just one piece of our wellbeing.

Keeping, or even finding our ease alone, isn't always easy. At times, all we need is a little guidance! I'm here to support you further!

You can contact me at findingyourease@gmail.com or over www.findingyourease.com

On Instagram [FindingYourEase](#) I share daily impressions connected to thoughts on life, or come and find me under [Finding Your Ease](#) on Facebook.

I'm looking forward to guiding you so that you find YOUR ease, wherever you are,

Ann-Katrin