

Micromoments of peace

10 Science-backed
practices for moving from
overwhelm to joy



Welcome!!

Let's dive into the transformative power of 'Micromoments of Peace: 10 Science-Backed Practices for Moving from Overwhelm to Joy', your go-to guide for embracing joy in the midst of life's hustle. Each page is crafted with love, offering opportunities to discover the profound peace that lies within you, along with journal prompts that invite you to pause and ponder.

This isn't just a PDF; it's a journey to rediscover the joy in the everyday, the beauty in the now, and the peace that comes from within. As you flip through, you'll be invited to truly live in the moment. Whether you're sipping your morning coffee, taking a quick walk after lunch, or unwinding after a long day, this guide will help you transform fleeting moments into something special, turning the ordinary into the extraordinary.

It is my hope that by working through these exercises, you come away with a toolbox full of scientifically-backed hacks to shift from feeling overwhelmed and numb to living a life of peace and presence.

Think of this guide as your on-ramp. Each of these practices is something we deepen together on retreat, where the distractions fall away and the transformation gets to go further. So, let's journey together, diving into each Micromoment, ready to explore and uncover the peace that's been waiting for you all along.

Wishing you wellness and joy,
Meredith



About me

I'm Dr. Meredith Calvert - neuroscientist, yoga teacher (RYT 500), retreat host, and podcast host of Calm With Me. After 25+ years in research, I left the lab to bring the science of calm into the wild. Through MeriYoga and WildCalm Retreats, I weave together neuroscience, breathwork, movement, and nature-based restoration to help people return to themselves

I encourage you to try everything I offer in this guide at least once, and to find what works for YOU. And remember, it's okay to feel it all - approach whatever you find without judgment but with curiosity and love. You already have the peace within you, sometimes you just need the right tools to find it.

**Let's explore these tools together and light up your world,
one micromoment of peace at a time.**

Want to learn more?

Follow me: @meriyogasf

Feeling like you're constantly rushing, with to-do lists piling up and stress threatening to drown you? You're not alone. In our fast-paced world, it's easy to get swept away by overwhelm, losing sight of the joy that life offers. But what if there was a way to cultivate pockets of peace amidst the chaos?

This guide introduces you to 10 simple yet powerful "micromoments of peace" – tiny actions you can incorporate into your daily routine to shift your perspective and reconnect with inner calm. Remember, lasting peace isn't about achieving some distant state of zen; it's about weaving moments of tranquility into the tapestry of your everyday life. So, take a deep breath, let go of the pressure to "fix" everything, and embark on a journey towards greater joy, one mindful micro-moment at a time.



1. Start Your Day with Gratitude:

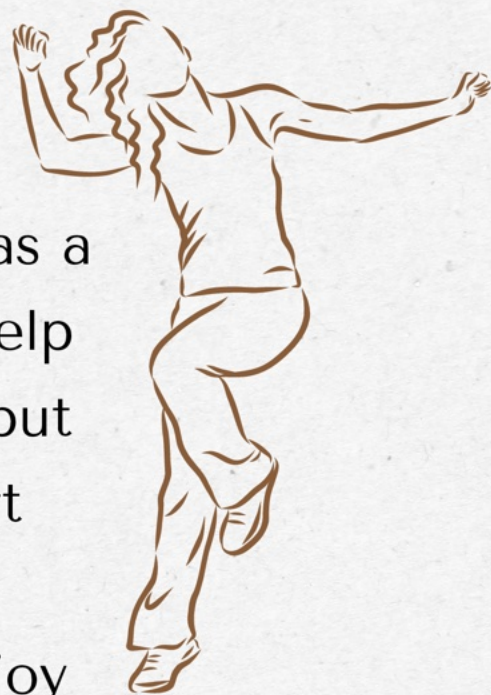
Before you grab your phone or dive into emails, pause for a moment to recognize three things you're thankful for. Gratitude can quickly change your perspective from scarcity to plenty, revealing little moments of sweetness in your daily life.

Journal prompt:

When I took a moment to intentionally feel grateful first thing this morning, I noticed...

2. Move Your Body:

Even a brief moment of activity, such as a few minutes of gentle stretches, can help release stress and lift your spirits. Or put on one of your favorite tracks and start your day with a private dance party! Discover a movement that brings you joy and engage your body with purpose.



Journal prompt:

After I spent a few moments moving my body today, my energy and mood changed in these ways...



3. Bring awareness to your breath

Your breath is a powerful gateway to quickly access calm. Find 2-3 moments during your day to pause and just become aware of your breath. You might notice that just by observing your breath, it naturally begins to slow and deepen. This simple act brings a moment of mindfulness, dissolving stress and reminding ourselves of the strength and calm that reside within, always there, always available.

Journal prompt:

After I spent a few moments observing my breath, I observed the following changes...

4. Connect with Nature:



Go for a walk and immerse yourself in nature. Listen to the birdsong, feel the sun on your skin, and appreciate the open space around you. Even the small wildflowers pushing through the sidewalk (nature's little cheerleaders!) can stop you mid-stride, and in that involuntary pause your nervous system softens. This is what researchers call Soft Fascination: the effortless attention that nature draws from us, allowing the mind's stress circuitry to quiet. It's one of the key reasons why immersive time in nature creates such lasting change. Ready to go deeper? Join me on retreat at wildcalmretreats.com, where yoga and mindfulness meet adventure and awe: scuba diving in the Caribbean or backcountry hiking near the California coast.

5. Take a mindful moment to drink water



We all know we should drink plenty of water. Instead of just treating it as another 'should' and slugging from your water bottle while doing six other things, take the time to be present with yourself when drinking- notice the taste of the water, the temperature, the way the it feels when moving down your throat. Observe how your body feels after a day when you consciously drink more water, as compared to days when it slips your mind.

Journal prompt:

When I consciously drank more water during my day, I noticed that I felt...



6. Make time for micro-meditations

Ever tried meditating but ended up in a thought tornado? Skip the sitting struggle and sprinkle mini-meditation moments throughout your day. Be it scrubbing dishes, matching socks, or waiting at a red light, seize those quiet pauses in activity and tune in. Repeat a soothing mantra like 'I am here; I am at peace' or focus on the sound of your breath to bring yourself fully into the present moment and ride the wave of calm. Just for a moment.

Journal prompt:

Following a short meditation or moments of presence, I noticed my mood and energy shifted in the following ways...



7. Savor your senses



Add a few drops of your favorite essential oil to a diffuser or some reeds. Take a mindful bite of your food, really appreciating its taste and texture. Listen intently some favorite music and see if you can hear something new. Give yourself a gentle hand massage, focusing on the palm and spaces between your fingers. Engage your senses fully in the present moment.

Journal prompt:

Today I consciously engaged my senses in the following ways...





8. Take a slow, mindful walk

Slip into some comfortable shoes and take a step into the world outside, just as it is. As you wander through your neighborhood, engage with your senses: keep the ear buds out so you can tune in to the symphony of life around you, feel your feet with each step and grounding you more deeply to the present. This walk isn't just about moving our bodies, it's a gentle invitation to connect, reflect, and find peace in the simplicity of being.

Journal prompt:

A few of the engaging things that I noticed on my walk today were...



9. Experience food as nourishment

Take a moment with your meal before you start eating. Before your first bite, honor both the food and your body. Set an intention for your meal, like fueling your inner fire or cultivating gratitude for the food itself and all those involved in bringing it to your table. Savor each bite with all your senses: notice the vibrant colors, the aromas, the varied textures, the layers of flavor on your tongue. Chew slowly, allowing your body to truly absorb the nourishment. Think about how your food is helping to sustain your amazing body. Enjoy mindful eating as an act of gratitude, not a race to the bottom of the plate.

Journal prompt:

While eating, I experienced a sense of gratitude for the following...



10. Put yourself to bed



Mindfully create a cocoon of calm for your night's rest. Dim the lights, allowing your body to naturally wind down. Unroll your yoga mat or find a cozy spot and practice a few gentle stretches, releasing any tension from the day. End with some calming breaths, inhaling peace and exhaling any worries. Climb into bed and do a quick scan of your body, starting with the soles of your feet and slowly drawing your attention up through the body. As your attention reaches each body part, notice any sensations and consciously invite a little more relaxation into the muscle before moving on. Drift off knowing you've nourished your mind and body for another beautiful adventure tomorrow.



Micromoments of Peace - Quick Reference



Gratitude

10 Science-backed
Practices for Moving from
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Take a walk



Drink water



Eat nourishing
food



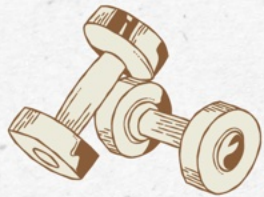
Get good
sleep



Make mindful
moments



Engage your
senses



Daily movement



Mindful breathing



Connect with Nature

Science shows that true restoration happens when we remove ourselves from the environments where our stress lives, a context shift that allows the nervous system to genuinely reset. If you're ready to go deeper, I'd love to have you join me on retreat, where every one of these practices becomes a lived, embodied experience. SeaCalm takes you to Caribbean, where yoga, breathwork, and scuba diving combine into a profound nature-immersion that is simply unmatched. SacredCalm surrounds you with the wild beauty of California's Central Coast for yoga, hiking, and deep rest among hills and wildflowers. Both retreats are designed to return you home with a renewed relationship to the peace that was always within you, and the micromoments that help you find it, every day.

Learn more and reserve your spot at wildcalmretreats.com