

Calm English [STILL] - Every Part of You

English learning resource · EN

Key words & expressions · English

12 learning entries

Study task: Listen again and notice the expressions you studied.

1

the space between your eyebrows

DEF

The area of the forehead directly above the nose.

A precise body-location phrase useful in guided relaxation.

Bring your attention to the space between your eyebrows.

She felt tension in the space between her eyebrows.

2

to unclench your jaw

DEF

To relax the jaw after holding it tightly.

Unclench is the opposite of clench and commonly describes releasing tension.

Take a breath and unclench your jaw.

He realised he had been clenching his jaw all day.

3

the collarbones

DEF

The two long bones at the top of the chest.

The anatomical singular is collarbone; clavicle is the formal medical term.

Let the area around your collarbones soften.

The strap rested just below her collarbones.

4

the sternum

DEF

The flat bone in the centre of the chest.

Breastbone is the more everyday alternative.

Place your attention on the sternum.

He felt pressure behind his sternum.

5

the lower back

DEF

The bottom part of the back above the hips.

A very common health and movement collocation.

Allow your lower back to rest completely.

Sitting all day can make the lower back stiff.



6

the sole of your foot

DEF

The underside of the foot that touches the ground.

Sole is a noun here and should not be confused with soul.

Notice the sole of each foot against the floor.

The sand felt warm under the soles of her feet.

7

to rest completely

DEF

To release effort and allow the body to be fully supported.

Completely intensifies the sense of no longer holding tension.

Let the weight of your body rest completely.

Her hands rested completely in her lap.

8

to bring your attention to something

DEF

To deliberately focus awareness on a particular place or sensation.

A standard instruction in mindfulness and guided practice.

Bring your attention to your breathing.

He brought his attention back to the conversation.

9

to rise and fall

DEF

To move repeatedly upwards and downwards.

A common pair for breathing, waves, prices and emotional intensity.

The chest rises and falls with each breath.

We watched the waves rise and fall.

10

to meet the ground

DEF

To touch or make contact with the surface below.

Meet is used figuratively to describe gentle physical contact.

Notice where your body meets the ground.

Her feet met the ground softly.

11

to let your eyes rest

DEF

To stop actively looking around and soften your gaze.

Rest is transitive here: let + object + base verb.

Let your eyes rest on one still object.

He let his eyes rest after reading.



12

to come back to something

DEF

To return your attention or activity to an earlier point.
A highly reusable phrasal verb in learning and conversation.

The words will be there when you come back.

Let us come back to that question later.

