

Calm English [STILL] - 03: Where Are You Right Now?

English learning resource · EN

Key words & expressions · English

20 learning entries

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

1

the moment when everything disappears

DEF

A point in time when all distractions or concerns vanish, often associated with a sense of clarity or focus.

This phrase is often used to describe a meditative or highly focused state where external distractions fade away.

Today is about the moment when everything disappears.

Right in that moment. When the wave comes.

2

the heart gets fast

DEF

A phrase describing the physical sensation of an increased heart rate, often due to excitement, fear, or anxiety.

This expression is used to convey a physiological response to emotional stimuli, often in stressful or thrilling situations.

The heart gets fast.

And your English... is the first thing to go.

3

the thoughts get loud

DEF

A phrase indicating that one's thoughts become overwhelming or intrusive, often in stressful situations.

This expression is used to describe a mental state where thoughts are so persistent or intense that they seem to 'drown out' other stimuli.

The thoughts get loud.

And your English... is the first thing to go.

4

what to do with your body

DEF

A phrase referring to actions or movements one can perform with their body, often in the context of relaxation or stress management.

This expression is often used in contexts where physical actions are suggested to manage stress or improve well-being.

Today I want to show you what to do with your body.

Right in that moment.



5

ordinary things

DEF

Common, everyday items or occurrences that are familiar and not unusual.

This phrase is often used to emphasize the simplicity or normality of objects or situations, highlighting their role in daily life.

Sit somewhere normal. A chair. A sofa. A kitchen table. With ordinary things around you.

Because today... those ordinary things are the lesson.

6

anxiety lives in the future

DEF

A phrase suggesting that anxiety is often caused by worrying about future events rather than present circumstances.

This expression highlights the tendency of anxiety to be linked to anticipation of future problems, rather than current realities.

Here is something true about anxiety. Anxiety lives in the future.

Always the future. Never now.

7

give your full attention

DEF

To focus completely on something, without distractions.

This phrase is often used in contexts where concentration and mindfulness are encouraged, suggesting a deep level of engagement.

So when you give your full attention to your senses...

anxiety has nowhere to live.

8

five... four... three... two... one

DEF

A grounding technique used to manage anxiety by focusing on the present moment through sensory awareness.

This technique is often used in mindfulness practices to help individuals anchor themselves in the present by identifying sensory experiences.

The technique is called five... four... three... two... one.

And we are going to learn them the STILL way.

9

your hands already knew these words

DEF

A metaphorical expression suggesting that physical actions or skills are intuitive or familiar, even if the language is not.

This phrase implies a deep, intrinsic understanding or familiarity with actions, often used to reassure or encourage confidence in one's abilities.

Your hands already knew these words.

Now your English knows them too.



10

feel the air on your skin

DEF

To become aware of the sensation of air touching your skin, often used in mindfulness practices to enhance sensory awareness.

This phrase is used to encourage a focus on present sensory experiences, promoting relaxation and grounding in the moment.

Now, the space around you. Feel the air on your skin.

Is it warm? Is it cool?

11

the surface underneath you

DEF

The physical area or material directly below or supporting a person or object.

Refers to the tangible, physical aspect of one's immediate environment, often used in mindfulness to ground oneself.

Now feel what is underneath you. The chair. The sofa. The floor. That is a SURFACE.

FOUR things you can touch. The first — the surface underneath you.

12

you are not floating in your thoughts

DEF

A phrase indicating that one is grounded and present, not lost in abstract or distracting thoughts.

Emphasizes being mentally present and aware, often used in mindfulness or meditation contexts.

You are not floating in your thoughts.

You are here. You have weight. You are real.

13

listen for a sound that is close

DEF

To focus on and identify sounds that are nearby or within immediate hearing range.

Encourages mindfulness by directing attention to the immediate auditory environment.

Now, your ears. Listen for a sound that is CLOSE.

Your own breathing. The chair. This voice.

14

the world is full of still things

DEF

A phrase suggesting that many objects in the world are motionless, often used to encourage observation and mindfulness.

Highlights the presence of calm and stability in the environment, inviting reflection and awareness.

And now, with your eyes, find one thing that is completely STILL.

The world is full of still things. Calm... quiet... waiting.

15

press your thumb against your finger

DEF

To apply slight pressure using the thumb against another finger, often used as a grounding or calming technique.

A simple physical action used in mindfulness practices to increase awareness and presence.

Press your thumb against your finger.

But very, very lightly... almost nothing.



16

describe anything you feel

DEF

To articulate or express in words any sensation or emotion one is experiencing.

Encourages self-awareness and emotional intelligence by verbalizing internal experiences.

Three small words... that can describe anything you feel.

Barely... slightly... fully.

17

practising in calm moments

DEF

Engaging in a particular activity or exercise during times of peace to prepare for more challenging situations.

Highlights the importance of preparation and consistency in skill development, especially in mindfulness or stress management.

But because practising in calm moments... is what makes it work in difficult ones.

One slow breath first.

18

something you never usually notice

DEF

An object or detail that typically goes unnoticed in daily life, often highlighted in mindfulness exercises.

Encourages heightened awareness and appreciation of the present moment by focusing on overlooked details.

FIVE things you can see. Look around... slowly. Find the first thing. Look at it fully.

The second thing. Something you never usually notice.

19

you saw them fully

DEF

To observe or perceive something with complete attention and awareness.

Implies a deep level of engagement and presence, often used in mindfulness practices.

Five things. You saw them fully.

FOUR things you can touch.

20

notice their temperature

DEF

To become aware of the warmth or coolness of an object or surface.

Encourages sensory awareness and mindfulness by focusing on tactile sensations.

The third — something smooth... or something rough.

And the fourth — your own hands. Warm or cool? Notice their temperature.

