Chilly or angry. "'Yes' doesn't mean 'I like it.' 'Yes' doesn't mean 'I want it to go on,'" Brach says. Just say, 'yes.'

Or frustrated, you may notice that your eyes have narrowed, he says. Try widening them and see if thoughts and give our brains a chance to reboot."

Brewer suggests combining breathing with a multisensory task meant to "crowd out worries and ease anxiety."— an exercise in which you train — an exercise in which you train four fingers from your other hand to trace your pinkie up from the base to the tip, as you breathe in. With every out breath, feel that you "are letting go of what is not needed," she suggests. After three rounds, "notice what has shifted," she says.

At any moment in the day, "just pause and experience whatever activity is going on," Brach says. "There are a lot of people who have the experience over and over again that they sit down to eat, and they don't even consider what they're eating. They think, 'When will the meal be over?' They don't think, when they bite into that food, 'What is this food doing for me? What am I feeling when I taste this food? What am I feeling when I smell this food? What is this food doing for me, when I chew it?" Brach says. When we are mindful, we are kinder to ourselves and to others, Brach says: "I have to care to pay attention, in the present, we can do more of what we want, Jha says. Attention is the argument and they don't react. Or they find themselves … being kinder to people [or] feeling...