

PEPPER TIME 7: TINY BRAIN GAMES

#1 WALKING

- **Timing:** 5–10 minutes (commute, lunchtime, between meetings, or whenever).
- **What you'll need:** Shoes, phone camera (optional).
- **How to do it:** Walk and let your eyes widen; find the horizon, then scan near/far. Hunt one beautiful thing (shadow, brick texture, tree bud). Snap a photo or name three details out loud.
- **What to expect:** A quieter head, softer jaw, and a small hit of calm/clarity you can reproduce on demand.

2 GOOD MUSIC

- **Timing:** 3 minutes.
- **What you'll need:** Pick 1 song you love.
- **How to do it:** Sit with your phone on do not disturb. Press play on a song you love. Just listen to the song: Contemplate the lyrics, hear the guitar and subtle tones. Repeat as often as you like.
- **What to expect:** More presence.

3 DOING NOTHING

- **Timing:** 5 minutes.
- **What you'll need:** Nothing! No phone, no emails, no writing.
- **How to do it:** Just do nothing. Observe the thoughts that come and go. Find how you feel, acknowledging it, sit with it. Don't react; just do nothing. Embracing it requires deliberate intention.
- **What to expect:** A clearer head.

4 TENSION RELEASE

- **Timing:** 5 minutes.
- **What you'll need:** A chair.
- **How to do it:**
 - Scan and observe your body: jaw, eyes, tongue, throat, shoulders, belly.
 - Find one tight spot.
 - Focus on the tense spot.
 - Practice directing your attention to those areas of your body that feel tense.
 - Stretch or massage that part gently
 - Try to listen to what your body is telling you instead of ignoring it or swallowing medicine to silence it.
 - Focus not on stopping the thought, but on releasing the tension.
- **What to expect:** Less bracing, easier breath; over time your body flags tension earlier.

PEPPER TIME 7: TINY BRAIN GAMES

5 HUMAN CONNECTION

- **Timing:** 90 seconds before or at the start of a conversation.
- **What you'll need:** Your attention and another person.
- **How to do it:**
 - Make kind eye contact; notice two neutral details (eye color, cadence).
 - Ask one open question; don't interrupt. Reflect back one exact word they used.
- **What to expect:** People feel seen; you hear what's actually being said, not just your projection.