

PEPPER TIME 14: SIT WITH IT

Timing: 30 minutes. Once or twice a week.

What you'll need: A quiet space and a timer (set on your phone, then put it away).

What it's about: Training yourself to sit with boredom and raw emotions without escaping. This is emotional strength training—grit practice for the bigger waves of life.

How to do it:

- 1. Find a quiet place. Somewhere you won't be interrupted.
- 2. Set a timer for 30 minutes. Then put your phone out of reach.
- 3. Do nothing. No internet, scrolling, TV, music, books, fridge trips, or texting. No meditation or "techniques." Just sit.
- 4. Notice what rises. Boredom, restlessness, frustration, anger, grief, tears, joy. Let it all come. Don't push it away or act on it.
- 5. If your nose itches, don't scratch. Simply observe the sensation until it fades.
- 6. Resist the urge to escape. Stay with whatever comes up until it crests and falls.

What to expect: At first, restlessness screams loud: "I'm bored!" That's good—it means you're finally facing what you usually avoid. Stay, and deeper emotions surface—the ones buried under busyness and distraction. Boredom is loaded with hidden insights. Emotions only become toxic when buried or acted out blindly. With practice, you build resilience: the grit to hold discomfort, the strength to resist urges, and the power to act from intention, not impulse.

If you want to go deeper into emotions—why so many of us feel "low" or stuck in them—I recommend this simple, powerful practice: Hold Your Inner Child. It's one of the easiest ways to shift from judging your feelings to caring for them.