

MINDFULNESS WORKBOOK

Stillness
WITHIN THE
Storm

A MINDFULNESS & MEDITATION
COURSE

TAMMY PHYE
LIFESTYLE HARMONY





About This Course

Stillness Within the Storm

Mindfulness for Real Life — Daily Living

This course was created for those who long for a breath of calm in the swirl of life — the go-go achievers, caregivers, professionals, and parents holding it all together while trying not to fall apart.

Stillness Within the Storm offers short, powerful mindfulness teachings and nervous system–friendly practices that you can use right in the middle of your day — even in the middle of a storm.

You'll learn how to:

- Reset your nervous system in just a few minute
- Calm your mind with ease
- Shift from overwhelm to grounded clarity
- Build presence in the swirl of chaos
- Navigate challenging relationships with more grace
- Stay connected to yourself — no matter what's happening around you

This isn't about perfection. It's about reclaiming your inner anchor — even when life feels like it's spinning fast.

About Tammy Rose

Tammy Rose is a trauma-informed coach, mindfulness teacher, and intuitive guide who helps high-achieving, heart-centered humans move from survival mode into clarity, calm, and deeper connection.

With over two decades of experience and a lifetime of lived wisdom, Tammy blends:

- Somatic awareness
- Nervous system regulation
- Aromatherapy and nature-based healing
- Mental fitness and leadership coaching

Her work is grounded in both science and soul — informed by real-world leadership, loss, burnout recovery, and profound transformation.

Tammy is the founder of Lifestyle Harmony, Tammy Phye Coaching & Consulting, and hosts of Return to You retreats. She lives and works at her sanctuary on Vancouver Island, where she supports clients and groups in finding space to pause, reset, and come back home to themselves.

Visit tammyphye.com to learn more.



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What is Mindfulness?

Mindfulness means paying attention to the present moment without judgment—tuning into your thoughts, sensations, and feelings. Allowing your awareness to expand.

You don't need to sit on a cushion or silence your mind to begin. Life can be stressful and mindfulness may feel challenging at first—but that's normal. With consistent practice, you'll likely notice those emotional states begin to soften. Here are a few things to keep in mind as you begin.

Questions for Reflection

Use this space to consider what you know about mindfulness, along with your aims and objectives for completing this workbook.

What do you now understand about mindfulness?

What do you expect to gain from this workbook?

How can mindfulness help you right now?

Day 1 ~ The Power of the Pause

In a busy world, we often override our inner signals and forget to breathe. The pause isn't a sign of weakness — it's a reclaiming of your nervous system. In this lesson, you'll learn how a simple breath and brief check-in can regulate your system, build mental and physical awareness, and reconnect you to yourself in under two minutes.

Practice

3-Breath Grounding: Inhale gently, exhale slowly for 3-5 counts each.. Repeat three times while noticing your body. Add a short self-inquiry: 'What am I experiencing right now? What do I need right now? What might be one micro action that would support that?'

Journal Reflection

Write below what you noticed from doing this exercise.

Day 2: From Reactivity to Respond

When life is intense — deadlines approaching, a partner snapping, kids fighting — it's easy to get caught in a cycle of reaction. You might feel your chest tighten, your voice rise, or your mind race. These reactions are natural, especially when you're under pressure.

In the workplace, this might look like rushing through an email and hitting send too fast, snapping in a meeting, or over-functioning when your plate is already full. Your nervous system is trying to protect you — but when you can *pause* and *name* what you're feeling, you reclaim *your power to choose*.

Today is about learning to recognize the signs of stress early, and using a simple two-step process to respond instead of react — without needing to “fix” everything or get it perfect.

Practice ~ Pause + Name + Breathe

Step 1: Notice the Reaction

When you feel triggered, overwhelmed, or tense, pause for a brief moment. Ask yourself:

- What's happening in my body right now? (e.g. tight jaw, shallow breath)
- What emotion is present? (e.g. frustration, fear, pressure)

Step 2: Name It Gently

Say to yourself:

“This is frustration. This is pressure. This is too much.”

Naming the emotion helps calm your nervous system and shift your brain from “threat mode” to “awareness mode.”

Step 3: Breathe & Choose

Take one slow breath in... and exhale slowly.

Then ask:

“What’s one small thing I can do right now — or let go of — that supports me?”

This could be: stepping outside for 30 seconds, putting a hand on your chest, pausing before replying to that email, or simply softening your shoulders.

You don’t have to get rid of the stress. You just have to *create a little space* between the trigger and the response. That’s where your power lives.

Journal Your Reflection

What did you notice as you took time to name your experience?

Day 3: Presence in Chaos



You don't need silence to find stillness. Today we explore how to stay anchored when life is swirling around you — whether it's a chaotic workplace or a noisy household. By training your awareness to drop into the senses, you learn to find presence right in the mess.

Practice

'3 Senses Reset': Pause and name one thing you see, one thing you hear, one thing you feel in your body. Anchor attention in one of these senses for three breaths. Repeat any time you feel pulled out of the moment.

Journal Your Reflection

Day 4: Mindfulness in Relationships



Relationships are our biggest sources of connection — and sometimes, our biggest stressors.

Today, you'll explore how to bring mindful attention to interactions, reduce reactivity, and reconnect with others through grounded, heart-led listening.

Practice

Mindful Listening: Pause before responding in a conversation. Breathe, soften your body, and listen from curiosity and understanding—what's really being said — not to defend or judge. Use a relational check-in: 'Here's what I'm noticing... How is this for you?'

Journal your Reflection

Day 5 ~ Calm Authority & Inner Anchor



Leadership starts within. When we're calm and anchored, we bring more presence, clarity, and integrity to our choices. Today, you'll learn how to center yourself somatically and move from intention, not reaction — even in pressure moments.

Practice

Somatic Centering: Place a hand on your heart or belly. Take 3–5 slow breaths. Set a one-word intention (e.g., 'steady', 'grace', 'focus'). Repeat that word with each inhale, allowing it to resonate through your whole body. Let that word guide your next action. Whisper to yourself: 'I am the calm within the storm.' Repeat the mantra.

Journal your Reflection

Bonus ~ Daily Bookends



Through out the mindfulness course you have learned a variety of pattern interrupts and coming to the present moment and then giving difference choice points of ways to respond from your automatic ways.

The power of intention a powerful practise of aligning your focus and desired outcome with a universal creative energy followed by action. It is a form of deliberate creation.

Bookend your day is referred to having a morning practice of setting you intention for the day. what you want to experience. Then at the end of the day taking time to reflect, what insights gained.

Journal your Reflection



Final Reflection: Stillness Within the Storm

Congratulations — you’ve completed five days of returning to your calm, your breath, and your center. With each mindful pause, you’ve begun rewiring your brain — creating new pathways of awareness and self-trust, one moment at a time.

Now, choose one small area or habit to focus on and stay with it. Old patterns took time to form, and you’re replacing them with calm, clarity, and conscious choice.

Every pause and breath signals safety and self-leadership — a reminder that you’re in charge of your inner world.

Transformation grows through:

- ✦ One breath
- ✦ One choice
- ✦ One gentle return to yourself

Reflect:

- What new awareness has emerged?
- What felt most nourishing or meaningful?
- What could make this experience even better?

Stay Connected:

I’d love to hear how you’re doing — what you gained, and how these practices are supporting you.

Your reflections help this work grow and ripple outward to others.

This is just the beginning. More calm, clarity, and ease await as you continue your journey. [email me here.](#)

“With every breath, I return home to myself.”

Tammy Rose

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Your Journey Continues — This Is Only the Beginning.