

Mindful Observation

About This Strategy

This simple mindfulness-based stress reduction practice can help adults quickly feel grounded when fear arises. The goal of this practice is to redirect one's attention and feel grounded in a space as the body calms.

Instructions:

When fear (or a similarly unsettling emotion) arises:

1. Look around the space you are in (e.g., your classroom or office).
2. Pick five objects in your space as you scan it.
3. Say the name of each object out loud. For example: phone, pencil, poster, coffee cup, calculator.
4. Repeat this three to five times, deliberately repeating the names of each of the five objects while taking some deep breaths.
5. Scan your body. Do you feel more grounded in space and time? Does your brain feel clear? Does your body feel calm?
 - If you are not feeling grounded, repeat this process a few more times.