



# Orientation

Orientation is the process by which we pay attention to our environment, both internally and externally. We can make decisions about how to care for ourselves based on the information we gather. Read all instructions first before completing the exercise your first time.

Duration: \_\_\_\_\_ minutes

1. Use the “Setting Conditions” Worksheet to take care of your needs. Note the time you start and complete the exercise.

2. Take a few deep breaths to relax.

3. Move your head slowly from right to left and take in your current environment. Begin by shifting your attention outward, becoming aware of the following:

- a. What are the sounds in your environment: \_\_\_\_\_
- b. What are the Smells or scents around you: \_\_\_\_\_
- c. What is the temperature or air sensations: \_\_\_\_\_

4. While remaining attentive to your surroundings, being shifting your awareness inward, becoming aware of the following:

- a. What do you notice about your breath (rhythm, depth, pace)

\_\_\_\_\_

- b. What do you notice about your body (tension, relaxation, pressure)

\_\_\_\_\_

5. Gently alternate your attention between the environment (attention out) and your bodily sensations (attention in).

6. Notice any thoughts that arise and practice gently redirecting your focus.

7. Gradually extend the duration of your practice as you become more comfortable with the exercise.

