

MODULE 7 ACTIVITY

Emotional Observer

Recall a difficult time for you this year, this month, this week, or even today. To be aware of this inner experience, do not name the emotion. Rather, bring your attention to where in your body you experience the emotion. This is Step 1 of being mindful with emotions. Do you feel something in your chest, head, shoulders, knees, or toes? Somewhere else?

Part 1: Learning the AND skill

Recall that being an emotional observer can help you regulate your emotions and experience less distress. To begin, become **aware** of your internal self, as if you are another person watching what is happening inside you. This starts with *mindfulness*, by paying attention on purpose, non-judgmentally. Then, **name** what's going on in your body as if you are telling a doctor about medical symptoms. For example, you might say that your stomach feels knotty, or that your chest is tight, or that your face feels hot and prickly. Finally, choose emotion words to **describe** what you are feeling. In this case, you could be "worried" or "sad" or "angry." Aware, Name, and Describe form a useful acronym: AND.

To practice AND, recall a recent experience that was upsetting or difficult for you. Try to bring forth the details of that experience, so that it becomes real again. It may help to close your eyes, so read through this prompt before completing the exercise.

Now, become **aware** of what you feel in your body. As you do this, remember that mindfulness entails paying attention, on purpose, without judgment. Then, **name** what you feel physically. This could include shaky hands, a heavy body, or a racing heart. Finally, choose the emotion word or words that best **describe** how you are feeling about the situation or experience.

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Part 2: Reflection

Now, take some time to reflect on using the AND Skill. What was it like to slow this process down? How did it seem different now compared to when you first experienced it? Write your response below or discuss with your partner/team how slowing down your emotional reactions using AND can be useful in your work.