

Mindful Observation

In celebration of our recently renovated CAMH plaza, explore your surroundings outside using mindfulness exercises geared towards observation and awareness.

Observe Your Surroundings

Stand in place or take a seat. Focus on your breath as you take one deep inhale through your nostrils. Exhale a sigh through an open mouth.

Begin to closely observe what is happening around right now. Turn your head or body to your left then right. Look up then down to take in everything around you.

Focus your eyes on what is in front of you, what do you notice? Texture? Color? Content?

How does the space or the object in front of you appear different now compared to when you first observed it?

Close your eyes. Do you recognize the sounds you hear when your eyes are closed?

Observe Yourself

Find a new place to stand or sit. Focus on your breath as you take three deep, slow inhales through your nostrils. Exhale your final breath through a wide open mouth.

What do you notice about your thoughts while looking at what is in front of you?

What emotions do you feel while standing/sitting in space?

What else is impacting your present experience standing/sitting in this space?

Repeat any part of this mindfulness exercise, or repeat in a different order.

Mindful

1. conscious or aware of something 2. focusing one's awareness on the present moment

Share a picture of your surroundings with us using #ConnectWithCAMH #MuseumFromHome

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