



Anxiety Workshop Meditation

*offered by the
MU Student Health Center*

Mindfulness of an Object meditation

Pick a small object that you have with you to focus on. You may have to reach into your bag or pockets or something from the room you are sitting in but choose something that can rest on a table, is safe to touch, and is emotionally neutral. It can be a pen, a watch, a ring, a blank piece of paper, a cup or water bottle.

We don't recommend using a school book/schoolwork as they often stir up stronger emotions that we want at this point.

Put the object on your lap or on the desk in front of you.

Take a few slow, deep breaths. Breathing in than out deeply.

Then without touching the object, begin looking at it and exploring its different surfaces with your eyes. Take your time exploring what it looks like. Try to imagine the different qualities that the object possesses.

- What does the surface look like?
- Is it shiny or dull?
- Does it look smooth or rough?
- Does it look soft or hard?
- Does it have multiple colors or just one color?
- What else is unique about the way the object looks?
- Take your time observing the object.
- If your attention begins to wander, return your focus to the object.
- Continue to breathe deeply and slowly.
- Now hold the object in your hand or reach out and touch the object. Begin noticing the different ways it feels.
- Is it smooth or rough?
- Does it have ridges or is it flat?
- Is it soft or is it hard?
- Is it bendable or is it rigid?
- Does the object have areas that feel different from each other?
- What does the temperature of the object feel like?
- If you can hold it in your hand, notice how much it weighs.
- What else do you notice about the way it feels?

Continue exploring the object with both your sense of sight and your sense of touch. Can you use any other senses? Continue to breathe comfortably.

When your attention begins to wander, return your focus to the object. Keep on exploring the object with your eyes and hands. Continue to breathe.

When you feel ready, return your attention to the room around you.