

PAN

(PAY ATTENTION NOW)

PANning is a practice that will increase your ability to notice what is happening in and around you. It involves **intentionally observing and noticing your own behaviors, comments, bodily sensations, and feelings**. By raising your awareness of your own subjective experience, you can practice self-care and enhance your ability to stay engaged in difficult conversations and situations.

Avoid making judgments or creating a “story” about what you notice. Instead, PAN the specific details and facts of what you see, feel, hear. Describe what you PAN without any assumptions, interpretations, conclusions, or prejudgments.

Adapted from Kathy Obear, Ed.D., Center for Transformation and Change

TRY IT FOR YOURSELF:

PAN THE SPACE - TAKE A MINUTE TO NOTICE YOUR ENVIRONMENT



What do you see? (This can include what you notice about the makeup of the group, set up of the room, the physical building, etc.)



What do you smell?



What do you feel around you (e.g. temperature, surface you're sitting on, etc.)?

PAN YOURSELF - TAKE NOTICE OF WHAT'S HAPPENING IN YOURSELF



What, if anything, do you notice about your body?
For instance, where might you be holding tension?



What, if anything, do you notice about your thoughts?



What, if anything, do you notice about your emotions?