



SELF-LEARNING ACTIVITY 1

OBSERVATION OF PHYSICAL SENSATIONS

OBJECTIVES

Experience and observe the physical sensations associated with anxiety.

TIME REQUIRED

10-15 minutes.

NUMBER OF PEOPLE

Individual.

TECHNICAL REQUIREMENTS

Self-observation skills.

INSTRUCTIONS

1. Perform an exercise that involves physical activity, like climbing some stairs and going down them repeatedly until you notice the physical symptoms of activation.
2. Identify the physical sensations and symptoms of the body caused by physical exertion and take note of them.
3. When you notice symptoms, try to monitor your inner speech: try to describe the sensations in a descriptive and objective way, without making inferences about them or non-specific statements, for example: "my heart has accelerated" or "my hands are sweating", and not "something is happening to me" or "what is this?". This is also important in anxiety situations.
4. Observe how they gradually decrease until they disappear.
5. Write down conclusions and repeat the exercise in other situations to familiarise yourself with the sensations.

It may help to watch the Mar Arcos video for some additional guidelines on how to manage anxiety.

SELF-EVALUATION AND REFLECTION GUIDE

Some possible questions for reflection:

- What are the similarities or differences between the sensations of physical activity doing sports and those of anxiety?
- What role does our interpretation of symptoms play in the experience we make of them?

What effect can our internal discourse have on the symptoms?