Visual orientation with one object

Purpose and choice: a simple focus outside your body, perhaps for a screen break or when breath attention is unwelcome. Choose another route if looking is inaccessible or causes eye strain, sensory discomfort or distress. Do not use this attention task while driving, cycling, operating machinery or doing a task that needs your full awareness.

Steps

1. Stay in a comfortable, supported position. Keep your head still if moving it is uncomfortable. Leave your breathing alone.
2. Choose one ordinary object already within easy view: a book, a doorframe or a cup, for example. Avoid bright lights and searching for something special.
3. Notice one or two details, such as colour or outline. Do not count objects, stare or hold your gaze in place.
4. Finish whenever you want. A few moments may be enough; an optional 10 to 30 seconds is a starting guide, not a required dose.

Adaptation: briefly notice one familiar, undemanding sound already present if that is comfortable. No added audio, eye closure or effort to hear is required. If sound is uncomfortable too, consider reducing one sensory demand, familiar rest or no practice.

Stop: end the attention task for strain, dizziness, anxiety, distress or preference. Return to a familiar comfortable activity or position without adding another exercise.

Help: call your local emergency service for severe breathing difficulty; a tight or heavy chest; sudden chest pain that persists, spreads to an arm, back, neck, jaw or stomach, or comes with sweating, nausea, light-headedness or breathlessness; unusually pale, blue or grey lips or skin; sudden confusion; or sudden facial drooping, arm weakness or speech difficulty, even if these stroke signs stop. Do not drive yourself or delay help for this card. These are examples, not a complete list. [13 to 15]

Sudden, unexpected breathing difficulty needs immediate medical help. Other new or worsening breathlessness needs urgent medical advice. Do not assume the practice explains symptoms. [13, 22]

If you cannot keep yourself safe, seek emergency help now. Chapter 10 gives fuller support guidance.

Check: was it comfortable enough and useful for your purpose? Include noticeable later effects if relevant. An unchanged immediate result does not establish safety.

Keep if comfortable enough and useful. **Adapt** one detail only if wanted after ending the trial. **Pause** when uncertain, uninterested or out of capacity. **Stop** for discomfort, worsening or preference, with no obligation to retry.

Evidence and limits: the studies cited here do not establish treatment benefit or a clinical dose for this exact task. It cannot explain symptoms. Chapter 3 gives the baseline; Chapter 5 expands the choices; Appendix G lists sources.