

The Panning Out Technique

A GUIDED PERSPECTIVE MEDITATION

This relaxation and visualisation exercise helps you gain perspective by gently "panning out" from your immediate surroundings to see the bigger picture. It can help reduce feelings of overwhelm, anxiety and overthinking by reminding you that you are part of something much larger.



WHY USE THIS TECHNIQUE?

It helps create psychological distance, a key CBT skill that allows you to step back from distressing thoughts and see them in context. This can reduce emotional intensity and support a calmer, more balanced mindset.

- Helps reduce anxiety and overwhelm
- Provides perspective on worries and problems
- Encourages a sense of connection and meaning
- Promotes calm, relaxation and clarity

HOW TO USE



Find a quiet, comfortable space where you won't be disturbed.



Allow 10–15 minutes. You can listen to a recording of this script or read it slowly yourself.



There is no right or wrong way to visualise. Use your imagination in a way that feels natural for you.



Use regularly to build perspective and calm. The more you practise, the easier it becomes.

REFLECTION

After practising, take a few moments to reflect.

1. How do I feel after doing this exercise?

2. What thoughts or feelings felt lighter or smaller?

3. What is one helpful reminder I want to take with me today?



THE FULL SCRIPT

Read slowly in a calm, gentle tone. Allow pauses where indicated.

Begin by sitting or lying comfortably. Allow your hands to rest naturally and gently close your eyes if that feels comfortable.

Take a slow, **deep breath** in through your nose...

Hold it gently for a moment...

Now breathe out slowly through your mouth...

Again...

A long, slow breath in...

And a gentle breath out...

One more time...

Breathing in calm...

Breathing out tension...

Allow your breathing to settle into its own natural rhythm.

With each breath, notice your shoulders becoming softer...

Your jaw relaxing... The muscles around your eyes becoming loose...

Allow any tension in your neck to melt away.

Feel your arms becoming heavier... Your hands resting comfortably...

Your chest rising and falling with each easy breath.

Notice your stomach softening... Your hips supported...

Your legs becoming pleasantly heavy... Your feet relaxed.

For these next few minutes, there is nowhere else you need to be and nothing you need to solve. Simply allow yourself to be here.

Now imagine yourself sitting exactly where you are right now.

See yourself from your own eyes for a moment...

Then gently imagine your awareness lifting upwards...

Just a few feet above your head.

As though you are quietly floating near the ceiling.

From here you can see yourself sitting peacefully below.

Notice how calm everything looks from this slightly different perspective.

There is nothing to change. Simply observe.

Now imagine drifting a little higher... Above the roof of the building you're in.

Looking down, you can see the whole house beneath you.

Notice its shape. Its roof. Its garden. Its surroundings.

This place that can sometimes feel so important is now simply one home among many. Take a slow breath.

Now rise higher still... Above your street.

You can see rows of houses. Roads. Trees. Cars moving slowly.

People going about their own lives. Each person carrying hopes...

Responsibilities... Worries... Dreams... Just like you.

Notice how everyone is living their own story.

Continue rising higher... Now you can see your town.

The familiar landmarks. Parks. Schools. Shops.

Roads stretching in every direction.

Everything that often fills your attention now becomes just one small part of a much larger picture. Take another slow breath.

Now allow yourself to rise even higher. Above your county.

Fields. Rivers. Forests. Cities. Motorways winding across the landscape.

Notice how vast everything becomes. The problem that may have felt enormous only moments ago is still there... but now it sits within a much wider perspective. It is one small part of a very big world.

Rise higher still... Now you are above your country.

You can see coastlines... Mountains... Clouds drifting across the land.

The country stretches beneath you. Millions of people. Millions of separate lives. Millions of stories unfolding all at once.

Notice how your mind naturally begins to let go.

Now continue gently upwards... Into space.

The Earth comes into view. A beautiful blue sphere suspended in darkness.

Clouds swirl across the oceans. Continents sit peacefully beneath them.

No borders can be seen from here. No emails. No deadlines. No expectations.

Just one remarkable planet. Notice how peaceful it appears.

Take a slow, comfortable breath. Allow yourself to experience a feeling of spaciousness. There is room for everything. Your thoughts. Your feelings.

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