

# EXPLORE WELLNESS

## How is Your Situational Awareness?<sup>1</sup>

If you have been in a crowded area lately, chances are you have encountered those who have a lack of 'situational awareness'.

*The following blog post, How is Your Situational Awareness? was shared by Patricia Katz, in PAUSE: The Art of Making More of Life (June 6, 2018).*



We've just returned from a month of travel in Europe where our adventures included visits to Barcelona, Rome, and Venice. These cities are densely populated to begin with, and they each host tens of thousands of tourists a day.

The streets are packed with bodies in motion – both locals going about their daily business and tourists trying to see the sights. Many people were thoughtful and considerate - others not so much!

One of the things we noted repeatedly was a significant lack of what my husband calls 'situational awareness' – a mindfulness around the impact that our behaviours have on others.

We saw people stop smack dab in the middle of sidewalks – no warning, arms up, elbows up - to take photos. We saw tourists meander carelessly in heavy foot and vehicle traffic viewing the world backwards through reversed camera lenses on smartphones perched at the ends of selfie sticks.

We were assailed by ultra-loud phone calls and personal conversations. The individuals involved seemed intent on imposing their messages on everyone within hearing distance. In one instance, the ringleader of a roving bachelorette party led her procession through outdoor cafes with a megaphone in hand – broadcasting a high volume commentary at innocent patrons.

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So, what's my point? Simply this: It's easy to see the problems in the behaviours of others – and easy to overlook them in ourselves.

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As members of the human race, we each might take a closer look at how our everyday ways of being and moving through this shared world of ours impact those around us.

I know these experiences influenced my behavior while travelling. I tried to make a point of moving out of the flow of pedestrians to check our map. I looked around to see who I might be bothering if I stopped to take a photo.

And, I tried not to add unnecessary noise and confusion to the commotion around me. All in all, I made a more conscious attempt to be present to the people and places around me.

**Pay close attention as you move through your world this week** - wherever you may be. See what you notice about others and yourself. And consider whether your own working level of situational awareness might benefit from a bit of tweaking to help create a more hospitable, more civil, less stressful world.

If you want to do a short personal assessment of your 'situational awareness' within your work team, [click here](#), or visit [CompassionNet.ca](http://CompassionNet.ca) and search '**Code WE check list.**'



**Situational Awareness<sup>2</sup>:** *is the ability to identify, process, and comprehend the critical elements of information about what is happening to the team with regards to the mission.*

<sup>1</sup>Katz, P. (18-06-2018) How is Your Situational Awareness? Revised from: <http://patkatz.com/blog/miscellaneous/pause-18-06-how-is-your-situational-awareness/#more-8328>

<sup>2</sup>US Coast Guard Training Manual, Chapter 5, Section 5-1, from the Team Coordination Training Student Guide (8/98), page 1 of 20.