



Body Scan



The body scan is a mindfulness practice that involves paying attention to different parts of your body in a systematic way, bringing your attention to your physical sensations and noticing any areas of tension or discomfort. By doing this, you can become more aware of your body and its needs, helping to reduce stress and promote relaxation.

Instructions

1. Find a quiet and comfortable space where you can lie down or sit comfortably without any distractions.
2. Close your eyes and take a few deep breaths, focusing on your breath as it enters and leaves your body.
3. Begin by directing your attention to the top of your head. Notice any sensations in this area, such as tingling or warmth.
4. Slowly move your attention down your body, noticing any sensations in each part of your body as you go.
5. If you notice any areas of tension or discomfort, try to relax those muscles and focus on releasing that tension.
6. Continue scanning your body, from your head down to your toes, until you have focused on each part of your body.
7. When you have finished, take a few deep breaths and slowly open your eyes.

Tips:

- Try to do the body scan at the same time each day to create a routine and make it a habit.
- If you notice your mind wandering, gently bring your attention back to the present moment and the sensations in your body.
- Don't judge any sensations that you experience, just notice them and let them pass without trying to change them.
- If you find it difficult to focus, try counting your breaths or using a guided meditation to help you stay on track.
- Finally, remember that the body scan is a practice, so don't worry if you don't get it right the first time.

For full guided video practice, please click or scan the QR code

