

## **BODY SCAN**

This mindfulness activity can be done while lying down, sitting, or in other postures.

- Bring your attention into your body. Close your eyes if preferred
- Notice your body seated - feel the weight of your body on the chair/floor
- Take a few deep abdominal breaths
  - Inhale more oxygen enlivening the body; exhale while having a sense of relaxing more deeply
- Notice your feet on the floor, the sensations of touching the floor - weight and pressure, vibration, heat
- Notice your legs against the chair, pressure, pulsing, heaviness, lightness.
- Notice your back against the chair
- Bring your attention into your stomach area. Take a few deep breaths and notice how it feels to you right now:
  - Is it rumbling, growling, too full, or at a happy balanced place? Get familiar with it. If your stomach is tense or tight, let it soften. Take a deep breath.
- Notice your hands. Are your hands tense or tight? See if you can allow them to soften
- Notice your arms. Feel any sensation in your arms. Let your shoulders be soft.
- Notice your neck and throat. Let them be soft. Relax.
- Soften your jaw. Let your face and facial muscles become soft.
- Then notice your whole body present. Take one more breath.
- Be aware of your whole body as best you can.
- Take a deep breath. And then when you're ready, you can open your eyes.