

MINDFULNESS BODY SCAN

The intention of this practice is not to feel any different, such as to feel relaxed or calm; this may happen or it may not. Instead, the intention of the practice is, as best you can, to bring awareness to your body in this moment.

Before you begin take some time to get yourself comfortable. Lying flat on your back, with your feet slightly apart and arms by your side, or sitting upright in a chair, your spine straight, feet firmly planted on the floor and your hands resting gently on your thighs.

- 1) Turn your attention inwards and notice your breathing, observing the breath and the sensations of breathing in this moment
- 2) Observe what's going on in your body and mind at this moment, without trying to change or improve anything, what is your current state of mind? What thoughts, feelings are passing through the mind right now? What physical sensations are present in the body? Not looking for anything special, just trying to be open to whatever arises.
- 3) Start by noticing the parts of your body that make contact with the floor or chair, feeling the weight of your body. As best you can bring a detailed level of awareness and gentle curiosity to any sensations present in your body
- 4) Bring your full attention now to your feet. Noticing any sensations that may be present in the feet.
- 5) Move your attention to both your legs. Zooming in on the legs and noticing things you might not normally notice.
- 6) Bring your attention to your back and notice the sensations of contact against the floor or chair.
- 7) Move your attention round to your abdomen, notice any sensations present here including the movement of breathing in this area.

8) Notice your hands, and then both your arms, feel and observe any sensations in these areas.

9) Move your awareness up into your neck and shoulders, how do they feel in this moment?

10) Bring your attention to your face, noticing the jaw and facial muscles. Turn to the top of your head, notice this area.

11) Now expand your awareness to the whole of the body; the face, head, the trunk of the body, both legs, both arms, hands, & feet. Have an experience of the whole body all at once. Feel your breath moving in and around the entire body.

When you're ready finish the exercise by opening your eyes. Invite some gentle movement into the body. See if you can take your awareness of the body with you for the rest of your day.



Not sure how to get started?

Send us an email today (info@selfsetfreeliving.com) to find out how you can join other women in our community who have learnt to reduce stress, anxiety & worry with mindfulness.

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