

MINDFULNESS

Body Scan Exercise

Find a place where you can sit quietly and undisturbed for a few moments. Try to make it the same place, the same chair, each time you try it (but anywhere is better than nowhere)

Set a timer for about 5 minutes, but increase this time after a week to 10 minutes increasing the time as needed and as fits your schedule.

Begin by bringing your attention to the present moment by simply paying attention to your breathing and allow yourself to just sit for a moment. Breathe like you normally would.

Now—bring your attention to you feet, grounding yourself. (this can be done anytime, simply known as the grounding technique). Press your feet firmly into the floor and pay close attention to physical sensations in your feet. Notice the pressure of your feet in contact with the floor.

The goal isn't to change or relax your body, but instead to notice and become more aware of it. Your mind will wander. This is normal. When this occurs, simply notice the thought then bring your attention back to your feet on the floor.

After a few moments of doing this, bring your attention to your legs resting on the chair, sofa, pillow etc., and pay attention to the sensations in you notice there. Notice sensations such as warmth, coolness, pressure, or pain.

Continue to slowly move up your body to you pelvis, stomach, chest, back, shoulders, arms, hands, fingers, neck, and head. Spend some time on each of these body parts, just noticing the sensations. Again, pay attention to anything you can sense such as a breeze moving over your skin. Your thoughts will wander and it may take you a few moments to notice that this has occurred. Simply acknowledge the thought or the memory and bring your attention back to where you were focusing on your body.

Once you have completed moving up your body, begin to move back down,

