

Body scan

The body scan can be useful relaxation and mindfulness technique. We can use the body and physical sensations to ground to the present moment.



Each step can be as little as 10 seconds up to a minute or so depending how long you have.

Sit or lie in a comfortable position. Close your eyes if you can and take slow deep breaths.

Focus on your feet. Notice the sensations there, whatever they may be. They may change as you breathe and focus on these.

Move to your ankles and legs. Imagine the breath going there as you breathe deeply.

Focus on your hips and lower back, breathe and notice the sensations as you relax.

Focus on your belly up to your chest. Keep breathing deeply.

Run the scans down your arms to the tips of your fingers, one at a time if that helps.

Run back up to your shoulders and the back of your neck. Breathe into these and notice the changes as they happen naturally.

Finally, run up your neck and focus on your head. Stay here and breathe until you are ready to end.