

Body Scan Exercise

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1

Start wherever you are, in a position that works for you. Bring your attention to your feet and notice what is there, or nothing at all. You can stop at any time.

2

Move your attention to your ankles, calves, knees, and thighs. Notice warmth, pressure, tension, or nothing in particular.

3

If you want to, move to your hips and lower back. Skip any area that feels tender or too much, and rest your attention somewhere that feels neutral, like your hands or feet.

4

Notice your chest and upper back, and your breath as it moves, if that feels okay. You don't need to change it. Find your heartbeat only if you want to.

5

Move to your shoulders, arms, and hands, then your neck, jaw, and face. Notice weight, tightness, or ease, without needing to change anything.

6

Return when you're ready. Wiggle your fingers and toes, stretch if you like, and look around the room. Repeat as often as you like, or stop at any point.