

selfcare

“Body Scan” Mindfulness Exercise

Sit comfortably either resting your gaze with your eyes open a few inches in front of you, or close your eyes.

Notice how you're sitting, making sure you're in a comfortable posture with your back straight.

Starting with the top of your head, try to notice how your mind feels.

Is it racing? Is it active? Is it confused? Is it empty?

How are you feeling?

Slowly work down your body and notice your feelings, without any judgement or self shaming.

Are my shoulders tense or relaxed? Is one side more tense than the other?

Is there any adjustment you could make to be more comfortable?

Notice your lungs and your breath. Is your breathing feeling tight today?

Is your breathing fast paced or slow paced?

Moving down to your stomach, notice your feelings.

Do you feel hunger pangs? Do you feel full?

Do you feel any tension there, sometimes nausea or queasiness from stress?

Moving down to your legs, notice their placement.

Are your legs crossed? Do you have both feet on the ground?

Is there anything you could do in this moment to make yourself a little bit more comfortable?

Finally, moving down to your feet and toes, notice how they feel.

Can you wiggle your toes? Can you scrunch them up and relax them?

What did you notice about yourself through this exercise?

How do you feel?