

# Mindfulness

## BODY SCAN

1. **Lie down on your back**, let your arms and legs fall down to the side. **Close your eyes** and **take 3 long, slow breaths**. Feel the air come whooshing in through your nose, let the air fill your lungs. You may notice your chest moving up and down.
2. Let your breath return to what feels comfortable. **Notice the breath gently coming in and out** of the body. Think about where it goes? Can you feel your breath travelling anywhere in your body?
3. **Imagine your breath travelling all the way down through the pathways in your body all the way to your feet**, the breath swirling around your feet. ...What does it feel like? ...Can you feel any sensations in your feet? ...Do your feet need to tell you anything about how they are feeling today? Let your feet relax into the floor.
4. **Imagine your next breath travelling to your legs**. ...Can you feel any sensations in your legs? ...Do your legs need to tell you anything about how they are feeling today? ...Let your legs relax into the floor.
5. **Imagine your next breath travelling to your hips**. ...Can you feel any sensations in your hips? ...Do your hips need to tell you anything about how they are feeling today? ...Let your hips relax into the floor.
6. **Imagine your next breath travelling to your back**. Travelling all the way up and down your spine. ...Can you feel any sensations in your back? ...Does your back need to tell you anything about how it is feeling today? ...Let all your back muscles relax deeply into the floor. Let them be as soft as a jelly.
7. **Imagine your next breath travelling out along your arms, to your finger tips**. ...Can you feel any sensations in your arms or hands? ...Do your arms or hands need to tell you anything about how they are feeling today? ...Let your arms and hands relax into the floor. Wiggle your fingertips and then let them relax.
8. **Imagine your next breath travelling up your neck, to your head and face**. ...Can you feel any sensations in your head? ...Does your head need to tell you anything about how it is feeling today? ...Let your head and neck relax into the floor. Let your face muscles relax. Let your tongue relax in your head.
9. Now **take a deep breath in and let it flow all the way to your heart. Fill your heart up with breath, hold it for 2 seconds**. Then let it all go. Notice how your heart feels. ...Does your heart need to tell you anything about how it is feeling today? ...Say thank you to your body. **Let your body relax**, even deeper than before.

### Make a Recording

Try recording the body scan on a phone, or other recording device. Then you can listen to it whenever you feel.

