

Body scan meditation

Body scan meditation is a mindfulness practice that involves systematically scanning and bringing attention to different parts of the body.

The body scan is a mindfulness meditation practice involving scanning your body for pain, tension, or anything out of the ordinary.

It can help you feel more connected to your physical and emotional self.

It is a powerful technique for cultivating present-moment awareness, promoting relaxation, and developing a deeper connection with the body.

Why it's worth trying :

Experts have found evidence to suggest meditation can promote physical and emotional wellness in multiple ways, such as:

- 1.Improved sleep
- 2.Anxiety and stress relief
- 3.Greater self-awareness
- 4.Increased self-compassion
- 5.Reduced pain

Here's a look at some of the most heavily researched benefits.

1.For sleep:

Many people have difficulty getting restful sleep when they feel worried or stressed. When this is severe, it is referred to as insomnia.

Because meditation can help you relax, let go of troubling thoughts, and feel calmer overall, regular meditation and other mindfulness practices can often ease the distress that's keeping you awake.

2. For stress and anxiety:

Research supports meditation as a potentially helpful way to relieve anxiety and stress.

Though more research is needed to separate the effect of mindful practices on mood from other environmental factors, it is clear these can positively impact the ability to manage stress.

3. For pain:

Meditation may not necessarily stop the pain. But outcomes of meditation, such as increased awareness of your body and emotional state, can help change how you think about that pain.

Increased awareness and acceptance of pain can lead to an improved outlook.