Body Scan

A body scan is a mindfulness practice that promotes relaxation, increases body awareness, and helps release tension. It can be practiced while stretching, showering, or during a mindful walk.

**Steps**

1. Find a Comfortable Position

* Sit or lie down in a relaxed position.
* Close your eyes or soften your gaze to limit distractions.
* Take a few deep belly breaths to settle in.
* Inhale through your nose and exhale slowly through your mouth.

1. Begin at Your Toes

* Bring your attention to your toes.
* Notice any sensations—warmth, tingling, pressure, or even numbness.

1. Move Up Slowly

* Shift your focus gradually to your feet, ankles, and calves.
* Observe any areas of tightness, discomfort, or ease without judgment.

1. Pause to Relax

* As you notice tension, consciously release it.
* Imagine each body part softening and relaxing.

1. Continue Scanning the Body

* Progress through each area:
* Thighs → Hips → Abdomen → Chest → Back → Shoulders → Arms → Hands → Neck → Face → Head.
* Spend a few moments on each part, allowing it to fully relax.

1. Breathe into Awareness

* Use slow, deep breaths to enhance relaxation, especially in areas that feel tight.
* Imagine each inhale bringing in calmness and each exhale releasing tension.

**Tips for a Successful Body Scan:**

* Spend 20–30 seconds on each body part.
* Visualize tension melting away, like ice slowly dissolving in the sun.
* If your mind wanders, gently bring it back to the body part you were focusing on.