

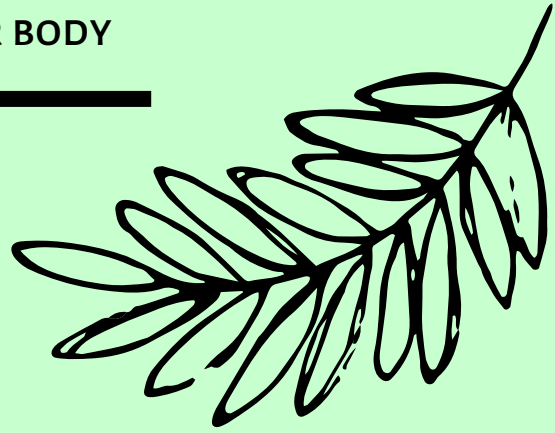
THE BODY SCAN

RAISING AWARENESS ABOUT YOUR BODY

Get Comfortable:

Loosen any constraining clothing.

Lying on your back or sitting in a chair, face your palms upwards and have your feet slightly apart.



Remain still for the rest of the exercise.

If you need to readjust, acknowledge how the object you're lying on changes as you do.



Notice your breathing.

Don't try to change it, just be aware of it.



Shift your focus onto your body.

Examine how the clothes feel against your skin, how the object you're lying on shifts as you do, notice the temperature of where you are.

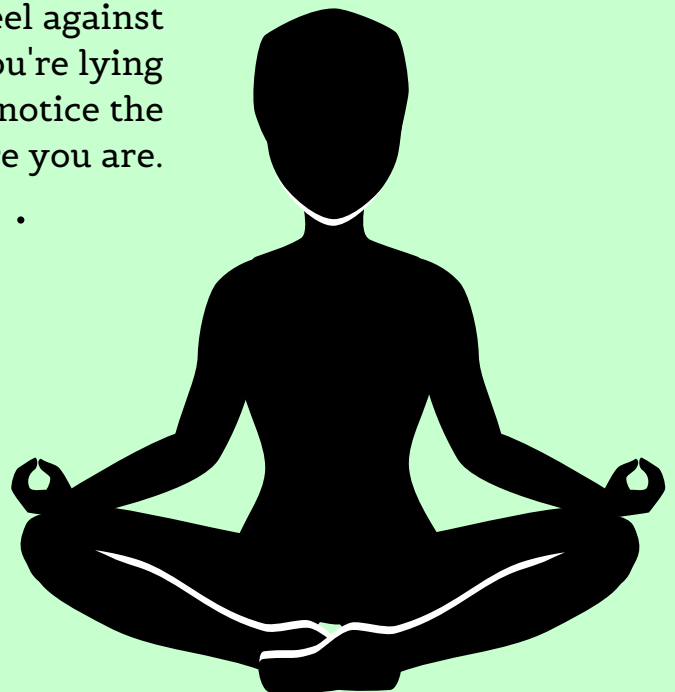


Starting from your toes moving upwards towards your head, ask yourself these questions at each region of your body:

Is there any tingling or soreness?

Does it feel heavy or light?

Is there no sensation or is it hypersensitive?



BODY SCANNING REDUCES STRESS, INCREASES FOCUS, AND IMPROVES SLEEP.