CLINICA
family health

Body Scan

This exercise will help you become more aware of how you are feeling right now. As you become aware of your body, mind, and emotions in a nonjudgmental way, you will begin to experience a new clarity and self-acceptance that will help you relax deeply. Do your very best not to judge yourself as you are doing this exercise. Just allow yourself to complete the body scan without worrying about the results.

Get into a comfortable position, either sitting up or lying down in a place where you won't be disturbed.

Gently close your eyes and focus your complete attention on your breathing. Notice the cool air as it is breathed in through your nose, and the warm air as it is breathed out. Focus your full attention on each breath, cool air being breathed in, warm air being breathed out. Just breathe naturally, noticing each breath. Let each breath flow into the next without trying to make anything happen. If your mind strays away from your breath with thoughts about something else, just bring your focus gently back to the breath.

Focus all your attention on your feet and toes. Simply notice how they are feeling. Now, with all your attention on your toes and feet, allow these areas to relax, release, and then let go. Don't try to make anything happen – just allow it to happen.

Focus your attention on your legs – the lower legs, knees, and upper legs. Notice how they are feeling without making any judgment. Are there any sensations in your legs – tightness, tingling, itching, warmth, cold? Feel whatever it is you feel. Now allow your legs to fully and completely relax. Just let go and let them relax.

Focus your attention on your buttocks and lower abdomen. Notice how they feel. Comfortable, warm, relaxed, loose, whatever. Just notice how they feel. Are there any tight or tense areas? With your mind completely focused on these areas, allow them to fully and completely relax.

Focus your attention on your stomach, chest, and back. Notice any sensations in these areas. Is there any tightness or discomfort present? Feel whatever it is you feel in these areas. Then let go; simply and completely let go.

Now put your full attention on how your hands, arms, shoulders, and neck are feeling. Are there areas of discomfort here? Notice and feel whatever you feel. Then, simply and completely, let go.

Focus your attention on your mouth, nose, face, eyes, and head. Are you experiencing any tightness or discomfort in these areas? Completely feel whatever you are feeling. Relax your mouth, nose, face, eyes, and head. Your jaw and eyelids may begin to droop with relaxation.

Notice how the relaxation is penetrating every organ, every muscle, and every cell of your body. Let your whole body and mind completely relax. Enjoy this feeling of deep relaxation throughout your body. Notice how good it feels. Appreciate yourself for allowing this to happen.

Focus your attention again on your breath, noticing the cool air come in as you inhale, and the warm air go out as you exhale. Stay focused on each breath as it goes in and out, breath by breath. Notice how relaxed, refreshed, and energetic you feel. This relaxation and feeling of renewed energy will stay with you as you get on with the things you do. Slowly get up and resume your activities. Remember that each time you do this exercise, you will relax more fully and deeply, continuing to enhance your wellness.