The body scan

Moving your attention slowly through the body, from toes to head.

Lie on your back or sit comfortably. Allow ten to twenty minutes. The aim is not to relax, though that may happen. It is to notice what is there.

1. Take a few slow breaths. Feel the weight of your body being held.
2. Bring your attention to the toes of your left foot. Notice any sensations: warmth, coolness, tingling, contact with a sock, or nothing much at all.
3. Move slowly to the sole, the heel, the top of the foot, the ankle.
4. Travel up the lower leg, the knee, the thigh. Spend a few breaths in each place.
5. Do the same with the right foot and leg.
6. Move through the hips and pelvis, the lower back, the belly. Notice the movement of breathing.
7. Continue up through the chest, the upper back and the shoulders.
8. Go down both arms to the fingertips, and back up.
9. Move into the neck, the jaw, the face, the scalp.
10. Finally, feel your whole body at once, breathing.

As you go

- When your mind wanders, notice, and return to the part of the body you had reached.
- If you find tension or discomfort, see if you can breathe with it and let it be, without having to fix it.
- If there is no sensation in an area, notice that.
- If you fall asleep, that is fine. Try sitting up next time if you would like to stay awake.

> **Adapting it**
> If any part of your body is difficult to pay attention to, skip it, or move your attention to your hands or feet. Keep your eyes open if that feels safer. You are in charge of this.

Day	How long	What I noticed
Mon		
Tue		
Wed		
Thu		
Fri		
Sat		
Sun		

The body scan is taught in Mindfulness-Based Stress Reduction, developed by Jon Kabat-Zinn.

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