

Body Scan Exercise

The body scan is a mindfulness exercise that helps you focus on physical sensations, promoting relaxation, reducing stress, and improving sleep.

1

Settle In

Sit or lie down comfortably, close your eyes, and take a few deep breaths to relax your body and mind.

2

Scan from Feet to Head

Slowly bring your attention to different parts of your body, starting at your feet and moving upward, noticing sensations like pressure, warmth, or tension.

3

Pause at Key Areas

Focus briefly on your legs, torso, shoulders, arms, and face, observing any sensations without judgment.

4

Finish with Your Breath

End by tuning into your breathing, noticing its rhythm & how it feels throughout your body. Open your eyes when ready.