

BODY SCAN PRACTICE

During a body scan, you mentally scan every part of your body from your head to your toe and notice the sensations you're experiencing in your body.

Examples of sensations: tingling, cramping, tightness, heat, coolness, buzzing, pulsing, itching, throbbing, or numbness.

Sensations are connected to emotional states, so by connecting to sensations in your body, you better understand the emotional state you're experiencing in the present moment.

GETTING STARTED

Make sure you are lying down in a comfortable position. Pay attention to sensations; a sensation is cool/warm, dry/wet, mobile/still, contracting/expanding rather than an emotion or a thought. Speak the sensations and the location of the sensation out loud. You can either stay with this sensation, exploring if the attention you give allows the sensation to subside or intensify. If the sensation becomes too much, you can open your eyes and orient* yourself to your room. Continue to scan the body until a new sensation arises and speak that aloud.

If you feel “nothing,” you can tune into your sensations outside of your body. Such as: • The breeze coming through the window is cool. I can feel my arms shivering. • The bed I’m lying on is soft. • The floor I’m lying on is hard.

Keep practicing and resume scanning for sensations – they are there. The more you practice tuning into your body, the more sensations you will eventually feel.

**Tip: Don’t forget to breathe throughout this practice. You will want to hold your breath, but remember that breath allows us to feel uncomfortable feelings. If the sensations become too much, remember to always return to your breath.



BODY SCAN PRACTICE

What did you notice in your body and your space during the practice?

Did you experience any feelings or sensations you were not previously aware of?



How did you feel after your body scan?

How can you incorporate a body scan into your regular practice?



EMOTIONS WHEEL

Find the core emotion you are experiencing in the center, then follow that to the more specific emotions you are experiencing.



Courtesy of Abby Vanmuijen

