

Daily Mindful Focus - BODY SCAN



GET COMFORTABLE, CLOSE YOUR EYES OR LOWER YOUR GAZE START WITH A FEW DEEP BREATHS:

Focus on your head, back of the head and then the face, eyes, nose, ears, mouth, cheeks and chin and the whole of the face. Notice if your head feels heavy or light? Is your face relaxed or scrunched up? Notice if your jaw feels relaxed or tense as well.

Now move down to the shoulders and neck, do they feel relaxed or tense? You might want to do a few shoulder rolls to loosen this area and relax the muscles.

Focus on the arms from the tops of your arms down to the elbows and then down to each finger. Notice how your hands are positioned and then scan back up to the tops of the arms, back up to the shoulders, and then to the centre of your chest. Notice your heartbeat and your breathing for a minute.

Move down to the centre of your body and notice your belly moving up and down as you breathe in and out. Check-in with how the stomach is feeling... we have lots of feelings in the stomach area, so it is always good to notice the stomach and gut.

Now moving down to the legs, from the tops of the legs down to our knees, notice if the muscles feel heavy or light. Scan down to the feet and notice your toes, think about your feet and how they have got you around from place to place today.

Now you have checked in with the body from the top of the head to the tips of the toes...



TO FINISH, TAKE SOME DEEP BREATHS AGAIN IN THROUGH THE NOSE, GIVE YOUR BODY A BIG STRETCH AND OPEN YOUR EYES.