

Body Scan

by Stride Wellness



As we start the body scan, you can close your eyes or keep them open. Do what's comfortable for you.

Become aware of your body.

Wherever you're seated, bring to attention the idea of your body being in a seated position, whether on a couch, chair or the floor. Feel the weight of your body as you sit.

Let's take a few cleansing breaths. In through your nose and out through your mouth.

As you inhale, draw in positive energy. Exhale to relax more deeply.

Take note of your feet. Bring your attention to how your feet feel pressing into the floor. Notice the sensation, the pressure, the weight.

Notice the feeling of your legs against the couch, chair, floor or against each other. Take note of the pressure, pulsing, heaviness, or lightness of your legs.

Now bring attention to your back against the chair.

Notice your stomach. Is it tense or tight? If so, let it soften. Take a breath.

Take note of your hands. If they're clenched, allow them to relax.

Notice your arms. Feel the sensations in your arms. Let your shoulders drop. Let your arms relax.

Notice your neck and throat. Relax them. Take a breath.

Notice your jaw. If it's clenched, relax it.

Soften all the muscles in your face, including those around your mouth and eyes.

Take another breath. Become aware of your whole body.

If your eyes are closed, open them when you're ready.

Take one more cleansing breath and notice your whole body present.