Body Scan & Relaxation Exercise

We have a tendency to block out our emotions, dismissed them, criticise ourselves. Mindfulness is about being curious, noticing what is going on in our bodies, our thoughts, feelings. By being mindful, you will begin to notice when you are getting stressed, and then you will be able to use techniques to reduce their stress. So instead of pushing both feelings and thoughts away, notice them and allow them. Be gentle and kind to yourself.

The Exercise

"Make yourself comfortable in your chair, allowing your back to lengthen, straight, but without tension. Just allow your chair to support and hold your weight. Take some nice deep breaths. Begin to notice any tension that you're holding in your body, Tighten those muscles and then allow them to relax.

Now bring your awareness into your feet notice where your feet are making contact with the ground. Notice every part of your foot, the soles, the heels, and ankles, your toes. Now move your attention up to your legs, to your shins, calves, thighs, and if you feel any tension there, just allow it to release. Let it go.

Move your attention up your body, to your buttocks, your hips, your stomach, and allow that tension to release. Now notice your chest, notice especially your breathing, pay attention to the way you are breathing. Is it shallow, and short breaths, or are they deep slow breaths. If you find yourself being distracted, just notice; don't place any judgment on it. Just bring your awareness back gently. Now move your attention into your back, up into your shoulders, into your arms, working down into your hands, your fingers and thumbs. Let go of any tension you're feeling in those areas and relax. Now bring your attention to neck and head, notice your jaw, your forehead. Just scan your body again and allow all of that tension to flow out through your legs into your feet and out through your toes, any tension in your body to flow out through your arms, into your fingertips. Allow any tension in your head to flow out through the top of your head. And with each breath, breathe in calm and relaxation. Now just take a few more moments to rest and relax and when you're ready, in a few moments, open your eyes, feeling calm and relaxed."

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