

STRESS MANAGEMENT TOOLS

Body Scan Exercise

- Step 1: Lie on your back in a comfortable place.
- Step 2: Allow your eyes to gently close.
- Step 3: Feel the rising and falling of your belly with each in breath and out breath.
- Step 4: Take a few moments to feel your body as a “whole” from head to toe; notice the parts coming in contact with the floor or the bed.
- Step 5: Bring your attention to the toes of the left foot. Try to channel or direct your breathing to your toes as well.
- Step 6: Allow yourself to feel any and all sensations from your toes; you may not feel anything and that is okay. Just keep focused on your toes and breathe in and out through them as best you can.
- Step 7: When you are ready to leave the toes and move on, take a deeper breath in and out through the toes and allow them to dissolve in you minds eye. Just continue watching your breath and when you are ready to move on, draw your attention to the sole of your foot, the heel, the top of the foot, and then the ankle, continuing to breathe in to and out from each region as you observe the sensations that your are experiencing. Then, let go of it and move on.
- Step 8: Bring your mind back to your breath any time you notice that your attention has wandered off.
- Step 9: In this way, continue to slowly move up your left leg and then move on to your right foot and leg and on to the rest of your body. Maintain your focus on the breath and on the feeling of the body regions as you come to them. Breathe with each body region and the let go of them.
- Step 10: The body scan practice may take twenty to forty minutes. You may wish to keep your eyes open if you have difficulty staying awake.