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Body Scan

FACILITATOR HANDOUT

Body scans can be a useful way of us focusing our attention. By using the scan, we can recognise what is happening for us internally.

Our body sensations are closely linked with our emotions. If we are able to recognise what is happening to our bodies, we can use this as an early identifier to emotional change. By changing the way our body feels, we can also change our emotional state. Have you ever noticed that when you are stressed, there is a lot of tension in your shoulders? People often 'hunch up' when stressed. By relieving some of the tension in your shoulders, this can make you feel more relaxed. Think about how it feels when you have a massage!

I will be taking you through a guided body scan. Just focus on my voice and follow the instructions. If, at any point, you notice your thoughts start to wander, that's OK, just notice it and bring your attention back to my voice.



Activity



Read the script below. Make sure to leave gaps and spaces between each body part to give them time to review each area. Do not rush through the script. Play soft background instrumental music or white noise if you think they would benefit from this.

Start by finding a comfortable position in your chair. You may have your eyes open or closed. Whatever is more comfortable for you.

As I say the part of the body, just visualise relaxation and if you feel any tension there, see if you can send your breath there like a laser releasing any tension, pain or stress you are holding in that specific area of your body.

Bring the attention to the top of your head...the forehead...the cheeks...the mouth...the back of the head...the top of the shoulders...the front of the chest...the upper back...the middle back...the lower back...stomach...and ribs.



Bring your awareness to your shoulders...the biceps...the triceps...the forearms...your hands.

Bring your attention to your hips...feel firmly rooted to the floor...bring your attention to your thighs...the right thigh...the left thigh...right knee...left knee...right shin...right calf muscle...left shin...left calf muscle...right ankle...left ankle...right foot...bottom of the right foot...top of the right foot...right toes...left foot...bottom of the left foot...top of the left foot...and finally, left toes.

Now scan your body from your head to your toes. As a total body overview, take your time to notice how you really feel. If you feel any tension, any pain, bring your awareness to that area of your body and breathe in positivity and energy, and exhale out the discomfort and the pain you feel. Feel yourself in total relaxation...feel your body free from all the tension and ready to face the rest of the day.



Use this relaxing body scan whenever you need to feel calmer and to relax.



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