

Body Awareness Scan

A Mindfulness Practice to Reconnect and Relieve Stress

Reconnect with Your Body, Reduce Stress, and Build Mindfulness

What is a Body Awareness Scan?

A body awareness scan is a simple mindfulness exercise designed to help you notice sensations in your body without judgment. This practice can assist in reducing stress, improving focus, and strengthening your connection to your physical and emotional feelings.

Getting Started

Before you begin, follow these steps:

- **Find** a quiet, comfortable space.
- **Sit or lie down** in a relaxed position.
- **Take 3 slow, deep breaths.**
- **Close your eyes** if you feel comfortable.

Guided Body Scan

Move your attention slowly through each part of your body. Pause and notice what you feel.

Body Area	What do you notice? (tightness, warmth, tingling, relaxed, etc.)
Head & Face	_____
Neck & Shoulders	_____
Arms & Hands	_____
Chest & Heart Area	_____
Stomach & Abdomen	_____
Back	_____
Hips & Pelvis	_____
Legs	_____
Feet	_____

Reflection

- Which area of your body felt the most tense? Why do you think that is?
- Which area felt the most relaxed?
- Did you notice any emotions connected to certain body parts?
- How do you feel now compared to before the exercise?

Check-In Scale

Circle how you feel right now:

Relaxed | Neutral | Stressed

Notes & Insights

Write down anything else you noticed during your body scan:
