

Body Scan

This is useful to check in with your physical body and notice what is going on. This will make you aware of the impact of people, situations, and even food on your energy level, ability to concentrate and general mood. When are you energized? Tense? Does your energy drag after certain meetings? Tension in your neck, back?

Instructions

Start with the count of 4 breathing: breathe in on a count of 4, hold your breath for 4, and then exhale on 4, wait 4 seconds before next breath. Then, breathing slower and deeper than usual, start at the top of your head, and scan all the way down your body to your toes. Notice if there is any tightness, tension, body aches. For now, simply observe what you are feeling. Ask:

- Any tension, tightness, aches in my neck, shoulders, back, legs, knees, ankles?
- Are there any emotions trying to come through the tension?
- Are you thirsty, hungry, tired, cranky?

If distracting thoughts show up, go back to the scan and just observe what you are experiencing. During the scan, (about 15 seconds), you are simply observing. Being able to maintain this discipline of mindfulness will slow down your reactions and increase your awareness.

Spend a few minutes writing your observations in a journal.

Part 2:

Now that you have scanned and written down your observations, it is time to explore what you have discovered.

Start with the first thing you wrote down. Let's say, you wrote, "Tight neck."

Have a conversation with the "Tight neck," and ask it what it wants you to know.

For example, the "Tight neck," may be a reference to the "pain in the neck" client you dealt with, or a boss, etc. Keep an open mind and write down whatever comes up.



When you are done, it is time to release the tension, tightness or whatever you noticed. Go back to that spot and keeping your thoughts neutral, breathe more slowly and deeply than usual into that spot, and repeat, “I release and let go.”

Do the Body Scan several times during the day. You will do this automatically after a few weeks of practicing this technique and regularly release the tension.

TIP: Spend a few moments and write about your experience and the thoughts that came up. Do not skip Part 2, it is an important part of the process.

