



We will do a brief body scan  
that is helpful for anxiety, depression, insomnia and pain.

The body scan is a mindfulness practice  
that will allow you some time  
to be in your body fully  
and to get to know how it's feeling right now  
with your attention and awareness.

It offers a time to learn to effectively sit with body sensations,  
like discomfort and tension.

The focus of this practice  
is not to try to change anything about our experience.

Remember,  
there is no right way to feel in the moment.

The key to this practice is actually to simply notice and accept  
whatever is present in the current moment.

As we go through this practice,  
I'm going to guide you  
to focus on various areas of the body  
noticing whatever arises.

If you realize you've become distracted  
or your mind wanders off,  
simply tune back into the sound of my voice  
and pick up with the practice.

You can begin this practice  
by finding a comfortable position  
either sitting or lying down.

You might find that  
if you lie down while doing this practice  
that you become tired and sleepy.

The goal of this practice is  
to try to stay present and awake in your experience,



so if you do find that you become drowsy,  
it might be best to find a comfortable sitting position.

But what's most important is  
that you feel comfortable.

So take a moment  
and find a comfortable position,  
and allow your body to come to stillness.

When you're ready,  
gently close your eyes.  
Take a moment  
to feel your body as a whole.

Bring attention to the fact  
that you're breathing in this body.

Allow yourself to experience your breath  
in and out.

Not trying to change or deepen it in any way,  
simply notice it.

Try following the full cycle of your breath,  
the in breath,  
the out breath.

Relax into this natural rhythm and flow of your breath,  
and allow it to bring you more deeply into this moment.

On your next out breath,  
I'd like you to direct your attention and the breath  
down through your body,  
through your left leg to the toes of your left foot  
simply noticing any sensations that might arise,  
noticing the space between your toes,  
noticing any feelings of tension or tingling,  
perhaps noticing the temperature.



Expand your awareness  
through your foot and to your ankle,  
noticing the point of contact at the bottom of your foot,  
the surface and the structure of your foot and ankle.

And now rest your complete attention on your lower leg,  
again simply becoming aware of  
all of the sensations,  
just noticing.

No need to change anything about  
what you experience.

And now through your knee  
and the underside of your knee,  
expand your attention  
to include your thigh and up through your hip,  
again noticing any sensations,  
perhaps tingling,  
achiness,  
tension.

Perhaps you're noticing  
a sensation of relaxation.

Whatever sensation you experience in this moment,  
attend deeply to it and allow it to be.

And now breath into  
the toes of your right foot,  
again allowing your attention to rest lightly,  
simply noticing the point of contact,  
perhaps the muscles,  
the tendons...

Bring your attention to your right shin and calf,  
the whole lower leg,  
up through your right knee,  
right thigh,  
and up through your hip,  
perhaps noticing any achiness



or tension,  
tingling,  
paying attention to the temperature.

As you attend deeply to your body,  
you may notice sensations  
that feel strong or uncomfortable.

Allow yourself to be open with this experience  
and to breathe into the feeling of discomfort,  
simply noticing and allowing  
whatever you experience in this moment.

Notice through your waist and your abdomen  
any tension or holding,  
simply bringing your awareness to this area.

And now move up your body  
to focus on your lower back,  
noticing the position of your spine,  
the muscles along your spine,  
noting the sensation of your ribcage  
as it rises and falls as you breathe.

And now bring your attention to your chest.

Are you aware of the sensation of your lungs expanding and contracting?  
Or perhaps the beating of your heart?

Focus your attention on your collarbones and your shoulders,  
continue down your right arm through the elbow,  
the wrist,  
your fingertips,  
the spaces between your fingers.

And now come to the left side of your body  
from your shoulder down through your left arm,  
elbow,  
wrist,  
fingertips,  
bring attention and awareness



to whatever sensations you're experiencing in this moment.

And now focus your attention on your neck,  
your jaw,  
your face,  
and the crown of your head.

Take this moment now  
to feel the body as a whole  
from the crown of your head  
down to the tips of your toes,  
scanning for any sensation  
that might pull your attention,  
trying to open to that sensation.

And now as you sit with the experience of your body as a whole,  
bring your attention to your breathing,  
simply noticing your breathing body,  
awake,  
tuned in,  
relaxing into this rhythm and flow of your breath  
as it allows you to sit deeply in this moment.

And now as this practice comes to a close,  
take the moment to acknowledge  
the time you spent intentionally nourishing your body  
by resting in this awareness.

Congratulate yourself  
for the energy and the effort  
it took to stay aware  
and form an intention  
to continue to practice this  
in your everyday life  
and a wish that the benefits of this practice  
can flow into your experience of your everyday life.

When you're ready,  
you can take a nice deep breath  
and open your eyes.