

Full Body Awareness Mindfulness Worksheet

Date / Time:

What have you brought mindful awareness to today? Check all that apply.

Heart

Mind

Body

Breath

Environment

To begin this Meditation, please bring kind awareness to

- why you chose this topic
- how your belly, chest, and head each feel when you reflect on this topic
- the emotions that you can associate with these visceral feelings
- the positive or negative impact of any stories you believe in regarding this topic
- the fact that many others are feeling similarly about this topic as you
- how you might feel with increased awareness around this topic
- when you can apply increased mindfulness to this topic in your day-to-day life



How often do we mindfully note what is present in the body? Since most of our days are spent caught up in the activities of the mind, we are not always conscious of what our physical body is experiencing.

Practicing full body awareness helps us to tune in with ourselves in a more intimate way, strengthening the mind-body connection and offering us insights into how we are doing.

This practice is a soothing and restorative body scan that invites us to witness the body with openness, tenderness and curiosity. It can be practiced at any time of the day and can be explored in just a handful of minutes.

PRACTICE:

1. Begin by coming to a comfortable seated or lying down position. Open the heart space and soften the shoulders as you settle into your meditative position. Close your eyes when you are ready.
2. Take three deep breaths to ground yourself and then begin the scan by drawing your attention to the crown of your head. Using your close-eyed awareness to scan the body downwards, note if you pass any areas of tension, tightness, or discomfort.

Full Body Awareness

Mindfulness Worksheet

Pay particular attention to areas that typically hold stress in the human body, such as:

- The forehead
- The chest
- The hands
- The jaw
- The belly
- The hips
- The shoulders

3. Note the state of the breath's flow as well. Is it shallow and tense or is it deep and relaxed?

4. If you come across any areas of tension, hold your awareness there. Invite the breath to energetically cleanse or soften these areas one by one. You might imagine that with each inhalation, the breath brings healing energy to that body part and that with each exhalation, it invites a subtle release. Stay with each area of tension for as long as is needed.

5. Once you have finished the scan (ending at your toes), hold your entire body in your awareness. Notice if there are any additional areas calling for your attention that may have been missed, tending to these areas as needed.

6. Hold your open awareness on the entire body for one full minute, simply witnessing your body as it sits or rests here. Before exiting the practice, draw your hands to your heart and silently whisper a word of gratitude to yourself for tending to the physical body in this way.

7. When you are ready, slowly open your eyes to come back into the world around you.

NOTE:

This practice is a wonderful exercise for deepening the mind-body connection and for noticing what is present within the body. While breathing into any areas of tension or tightness can indeed help us to soften some of our held stress, this practice is not a substitution for seeking professional care and therapeutic support where it is required.