

BODY AWARENESS (BODY SCAN)

“This exercise asks you to...focus your attention on different parts of your body, from your feet to the muscles in your face. It is designed to help you develop a mindful awareness of your bodily sensations, and to relieve tension wherever it is found. Research suggests that this mindfulness practice can help reduce stress, improve well-being, and decrease aches and pains.

The body scan can be performed while lying down, sitting, or in other postures.

*The steps below are a guided meditation designed to be done **while sitting**.*

Especially for those new to the body scan, we recommend performing this practice with the audio. However, you can also use the script below for guidance for yourself or for leading this practice for others.

*(Find the **FREE audio** version of the script at <http://marc.ucla.edu/mpeg/Body-Scan-Meditation.mp3>).*

Body Awareness Practice - Script:

1. Begin by bringing your attention into your body.
2. You can close your eyes if that's comfortable for you.
3. You can notice your body seated wherever you're seated, feeling the weight of your body on the chair, on the floor.
4. Take a few deep breaths.
5. And as you take a deep breath, bring in more oxygen enlivening the body. And as you exhale, have a sense of relaxing more deeply.
6. You can notice your feet on the floor, notice the sensations of your feet touching the floor. The weight and pressure, vibration, heat.
7. You can notice your legs against the chair, pressure, pulsing, heaviness, lightness.
8. Notice your back against the chair.
9. Bring your attention into your stomach area. If your stomach is tense or tight, let it soften. Take a breath.
10. Notice your hands. Are your hands tense or tight. See if you can allow them to soften.
11. Notice your arms. Feel any sensation in your arms. Let your shoulders be soft.
12. Notice your neck and throat. Let them be soft. Relax.
13. Soften your jaw. Let your face and facial muscles be soft.
14. Then notice your whole body present. Take one more breath.
15. Be aware of your whole body as best you can. Take a breath. And then when you're ready, you can open your eyes.”

***For a FREE 45-minute audio Body Awareness Scan, visit this website:**

<https://health.ucsd.edu/av/mindfulness/45MinBodyScan07mono.mp3>