



VIOLENCE FREE
MINNESOTA

THE COALITION TO END RELATIONSHIP ABUSE

Mindfulness Body Scan Script

For our mindfulness practice this morning, we'll do a body scan together. We'll take a few seconds to rest awareness throughout our body, noticing any subtle sensations we are feeling, such as warmth, coolness, pressure, stiffness. While doing the body scan, we will try to soften or relax each area we focus on. When thoughts arise such as When will I have time to get groceries? Or when was the last time I washed my mask? Just brush them gently aside and redirect your attention to the area where you left off.

You can practice this mindful break with eyes open or closed, depending on your level of privacy and comfort.

Sit up tall. Imagine there is an invisible chord running from your tailbone up through the spine, gently pulling skyward through the top of the head, elongating the back and neck.

Drop your shoulders and allow your hands to rest on the armrests of your chair or your lap.

With an attitude of curiosity, let's notice sensations moving upwards in our bodies. Let's start with our feet... what are you feeling? Pain, discomfort? Try to soften the area

Let's move upward, next to the... your ankles and lower legs... what are you feeling in your calves? Up to your knees... through your upper legs and thighs. Take a deep breath in and deep breath out.

As if you've never noticed these areas before, let's now scan through our mid-section... Let's go to our hips... let's move to our lower back... up through our spine... to our upper back... let's focus on our shoulders... inhale... exhale any tension there. Let's move through our arms next... down to our elbows... to our wrists... focus on our hands. Notice any tension in your hands, fingers.

Next, turn your attention to the belly... move up to the chest... take a deep breath in, exhale out.

Let's notice our neck... our throat... up to our jaw... our cheeks... our lips... our tongue. Bring awareness to the eyes... to the brows... what sensations are happening there? Un-furrow the brows to the forehead... next to the scalp.

Finally, notice the body in its entirety... inhale in...exhale.

Now usher this embodied awareness into the next part of your day.