

# BODY SCANNING

## USE DURING PHASE 6

**Directions:** In this exercise, you will bring your awareness and attention to different regions of the body, checking in with any feelings of distress or tension in these areas that might suggest emotional distress. As you complete this exercise it is okay to stop, or skip certain areas of the body, if a region does not feel safe or comfortable to connect with.



*Begin by closing your eyes or gently gazing downward on one spot. Now let's begin Body Scanning. As you go through this exercise, you may notice various sensations. When this happens, simply experience and acknowledge the sensations, as well as any accompanying thoughts or emotions you may notice.*

*To begin, shift your focus to your feet, just noticing any sensations that may arise as you attend to this area. Feel into your feet, without judgment, noticing what they feel like. Stay here for a moment. Still focusing on your feet, ask yourself, "Is there distress or tension in this area?" Remain focused here for a few moments, continuing to connect with this area of the body.*

*Let awareness begin to shift upward to the lower part of the legs, above the feet but below the knees. Notice the sensations occurring in your calves, and in the front areas of your legs. Just feel into these areas with a calm awareness. Stay here for a moment. Still focusing on the lower part of your legs, ask yourself, "Is there distress or tension in this area?" Note to yourself if you experience distress or tension in this region.*

*Withdraw your attention from your lower legs, and begin focusing on the upper parts of your legs, above your knees but below your hips, noticing what your hamstrings and quads feel like. Focusing on this region, ask yourself, "Is there distress or tension in this area?" Note any sensations you become aware of.*

*Continue this exercise, moving your awareness through several major muscle groups and different regions of the body. The following areas may be scanned in this exercise:*

- Feet
- Lower legs
- Upper legs
- Hips
- Abdomen
- Lower and/or upper back, or entire back
- Arms
- Hands
- Chest area (with a focus on the breath)
- Shoulders
- Neck
- Head/jaw