# BODY SCAN

Body Scanning is a technique for becoming aware of and **passively releasing** muscle tension and discomfort throughout the body. Excess muscle tension can contribute to muscle pain, headaches and fatigue. Body scanning develops an **awareness of your inner environment** to help relieve and ultimately prevent the build-up of tension. A complete scan can help achieve a deep state of **relaxation and comfort**. A quick scan focusing especially on the areas you tend to hold tension takes only seconds and can be done sitting, standing or walking.

## Technique:

**1.** Assume a comfortable position either sitting or lying down.

**2.** Close your eyes.

**3.** Start with your toes and focus on any sensations of discomfort you may become aware of. Notice sensations such as stinging, aching, throbbing, burning, or tingling.

**4.** Take a deep breath in through your nose, and as you slowly release that breath through your mouth, imagine yourself also releasing an uncomfortable sensation into the air at the same time. Allow that area of you body to release, loosen up, become soft, and relaxed.

**5.** Repeat, moving progressively up your body focusing on each muscle group one at a time.

### Go from toe to head

Toes
Arches of feet
Heels
Ankles
Calves
Shins
Thighs
Buttocks
Lower back
Hips
Abdomen
Chest
Fingers
Palms
Wrists
Elbows
Biceps
Triceps
Shoulders
Neck
Throat
Jaw
Tongue
Lips
Cheeks
Eyes
Forehead
and Scalp

Try doing a quick body scan throughout the day.

For a full body scan, try it at night...
- Release tension that has accumulated in your body during the day.
- You will sleep more comfortably with a relaxed body.

Or in the morning
- Especially if you anticipate that the day is going to be a stressful one.
- Starting your day with a relaxed body will help your body cope better.

## More Information

Body Scan Podcast: www.belleabramson.com/mindfulness/podcast-body-scan/
YouTube 10 min Body Scan: www.youtube.com/watch?v=obYJRmgrqOU

Counseling & Career Center
Stress Management & Biofeedback Services
BRIGHAM YOUNG UNIVERSITY