

Tell us what you think!



# BODY SCAN MEDITATION STRATEGY POSTCARD

Check out the evidence!

## What is a body scan?

The **body scan** is a meditation practice that involves paying **attention without judgment** to all the **sensations** happening in our body in sequence.

## Research evidence for effectiveness<sup>1,3,6</sup>

Regularly practicing the body scan can help:

Decrease stress



Improve concentration



Promote better sleep quality



Reduce negative emotions



## How to practice the body scan?<sup>4</sup>

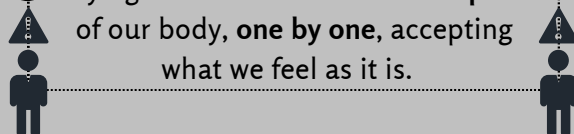
### The body scan meditation involves:

**1** Laying down in a comfortable position and closing our eyes.



We can sit in a chair, in a comfortable position, and close our eyes or lower our gaze towards the floor.

**2** Paying attention to the different parts of our body, one by one, accepting what we feel as it is.



For example, we may start with the sensations in our face, shoulders and arms, our torso, legs, feet, and even toes.

It is important to be **open to and accepting** of what we are noticing, whether that be pain, itchiness, or pressure without judgement.



Listen to the body scan guided audio ~5 min



## When to practice the body scan?

before bed



just after waking up

Keep in mind that a guided body scan meditation may take anywhere between 5 minutes to an hour, so take this into account when scheduling a time.

## Body scan meditation tips<sup>2,5</sup>

### Feeling discomfort is normal!

**1** With longer practices such as the body scan, we may experience some **uncomfortable sensations**. When this occurs, we can try exploring them with kindness and curiosity.



What are the actual sensations?

Does it ebb and flow or is it steady?

**2** Asking ourselves questions like these can help us accept these sensations as they are, without judgement.

### Our minds may start to wander!

● We may start thinking “I have so much to do” or “when will this be over?” These kinds of thoughts shift our attention from the present moment to **ruminations** about the past, or **anxieties** about the future.



● It is best to be **kind with ourselves** when we notice such thoughts. We can **acknowledge** that we are having these thoughts without engaging with them and gently turn our attention back to the bodily sensations.

## CONTACT INFORMATION

