

Body Scan - Exercise 2

I would like you now to draw your attention to your feet and you might notice some tingles in your feet - that is that lovely energy in our bodies that keeps our bodies warm and moving. Stay there for 5 seconds. Now try to bring that lovely energy or tingles up through your feet into your legs...stay there for 5 seconds too.

...If you get distracted with your thoughts, that's ok.... just keep bringing your attention back to that lovely energy or tingles.

Continue bringing that energy up to the top part of your legs – stay there for 5 seconds.

Then bring it up to your belly and bottom of your back – stay there for 5 seconds.

Then bring it up to your chest and top of back – stay there for 5 seconds .

Then bring the energy up to your neck and shoulders, stay there for 5 seconds.

Then move it up into your head and down through your face – staying there for 5 seconds as well.

Finally bring the energy down your neck into your arms and into your hands staying there for 5 seconds – you may notice more tingles in your hands as we use our hands a lot in the day.

You can do this body scan again but this time tense or tighten each body part for 5 seconds then release/relax – this body scan really shows us the difference between our bodies feeling relaxed compared to tense.