



# Bodyscan

For this exercise, please sit down in a comfortable position. You can also lie down in your bed if you wish, but if you find yourself falling asleep during the exercise, you might want to go back to a more upright position.

This exercise works especially well when you record yourself reading the below text out loud, and play it to yourself, so you can focus on doing the exercise, not on reading it. When reading it, every “...” equals a roughly five second pause.

---

Please sit down comfortably. You may close your eyes if you want. Take a moment to focus on your breathing...breathe in deeply...and in...and out. Take a deep breath...and let go...continue breathing at your own, relaxed pace. For this exercise, you'll look at your body and its current state. You should not try to change anything. If you feel pain, then there is pain...If you feel cold or warm, that is alright. It does not matter if you feel good or bad...Try to accept your body and yourself the way you'll find it. Now, please focus your attention on the top of your head...The back of your head...your forehead...your nose...your eyes...your cheeks...to your lips...your tongue and the inside of your mouth...your chin...and your ears.

Remember, just focus on perception. Try to feel what's happening inside your body, not changing it... It's great if you feel good, but it's also okay if parts of you do not.

Next, please move your attention to your neck...your shoulders...your upper arms...elbows...lower arms...and your wrists. When it comes to your hands, try feeling every individual finger. Starting with your thumbs...your index fingers...your middle finger...ring finger...and your pinkies...Try feeling your palm...and the back side of your hands.

Please move your attention back, up your arms to your shoulders...try feeling your upper back...lower back...your hips...your buttocks...your thighs.....knees...your calves...and your feet.

Try feeling how your feet touch the ground. Which parts have contact? Is it a hard or soft surface? ... How comfortable is it? ... Remember, just feel, don't try to change anything. ...

Next, please move your attention back upwards all the way over your legs and your back to your shoulders... ... this time, please move your attention downwards on your front side. Try to feel your chest...your stomach...maybe it feels warm, maybe you can feel your breathing there? ... Stay there for a bit... ...

You can stop and come back to the room if you want now. Please do that in your own pace, as you feel comfortable doing.