

MindfulLiving™ Module 8

Personalised Routine Builder

Chapter 13 - Body Scan

A Comprehensive Guide to the Body Scan

Introduction

Welcome to this essential module in your MindfulLiving™ journey. As your personal coach, Shery Clein, I'm excited to guide you through the practice of the body scan. This powerful meditation technique will help you cultivate mindfulness, reduce stress, and enhance your overall well-being.

The Power of the Body Scan

The body scan is a simple yet profound practice involving bringing your attention to different body parts. By regularly engaging in this practice, you can:

- **Reduce stress and anxiety**
- **Improve body awareness**
- **Enhance sleep quality**
- **Cultivate a deeper sense of relaxation**



www.sheryclein.com
shery@sheryclein.com



Getting Started

1. **Find a Quiet Space:** Choose a peaceful place where you won't be disturbed.
2. **Get Comfortable:** Find a comfortable position, either lying down on your back or sitting upright.
3. **Close Your Eyes:** Gently close your eyes and bring your attention to your breath.

The Body Scan Technique

1. **Start at the Toes:** Begin by bringing your attention to your toes. Notice any sensations, such as warmth, coolness, tingling, or pressure.
2. **Move Up Your Body:** Gradually move your attention up your body, focusing on each body part in turn: feet, ankles, calves, knees, thighs, hips, abdomen, chest, back, shoulders, arms, hands, neck, and head.
3. **Notice Sensations:** As you scan your body, simply notice any sensations without judgment.
4. **Return to the Breath:** If your mind wanders, gently bring your attention back to your breath and then return to the body scan.

Common Challenges and Tips

- **Strong Emotional or Physical Reactions:**

It's common to experience strong emotions or physical sensations during a body scan. Remember to be patient with yourself and allow these sensations to arise and pass without judgment. If they become overwhelming, consider taking a break or seeking support from a mental health professional.

- **Falling Asleep:**

If you find yourself drifting off, try adjusting your posture or opening your eyes slightly. You can also shorten the duration of your practice or practice at a different time of day.

- **Difficulty Noticing Sensations:**

If you're struggling to notice sensations in your body, don't worry. Simply focus on being present and open to whatever arises. Over time, your awareness will deepen.

Cultivating a Mindful Attitude

As you practice the body scan, cultivate a friendly and non-judgmental attitude towards your thoughts, feelings, and bodily sensations. Remember, the body scan isn't about achieving a perfect state of relaxation. It's about learning to be present with whatever arises in each moment.

Reflecting on Your Practice

To deepen your understanding of your practice, consider the following questions:

- How did your body feel during the practice?
- What thoughts or emotions arose?
- How did you feel after the practice?

Creating a Personalised Routine

The key to a successful body scan practice is consistency. Here are some tips for building a personalised routine:

- **Choose a Time:**

Find a time that works best for you, such as before bed or after waking up.

- **Set a Duration:**

Start with a short practice, such as 5-10 minutes, and gradually increase the time as you become more comfortable.

- **Create a Comfortable Environment:**

Ensure your environment is quiet, dark, and free from distractions.



www.sheryclein.com
shery@sheryclein.com



Conclusion

Remember, consistency is key. Even a short daily body scan can significantly impact your well-being. Be patient with yourself, and enjoy the process of self-discovery.

A Final Note from Shery Clein

Thank you for your dedication to your mindfulness practice. Remember, your journey is unique, and there's no right or wrong way to practice the body scan. The most important thing is to be kind to yourself and continue exploring the depths of your mind and body.

Disclaimer: This practice is intended for personal growth and mindfulness training. It is not a substitute for professional medical advice. If you have any health conditions or injuries, please consult with a healthcare professional before starting a new practice.

