

# How to Do a Body Scan Meditation



# 5 tips to MINDFULNESS

## MINDFUL BREATHING

Focus solely on your breath  
for a few minutes!

TIP  
01



## WALKING MEDITATION

A 10-minute mindful walk  
connecting with the present  
moment and observing the  
world around you!

TIP  
02

MINDFUL  
EATING  
Pay close attention to the  
smells, flavours, and textures  
of your food

TIP  
03



TIP  
04

## BODY SCAN

Scan your body from head to  
toe to tune into the physical  
sensations

## MINDFUL ACTIVITY

Try yoga, puzzles, colouring  
or craft

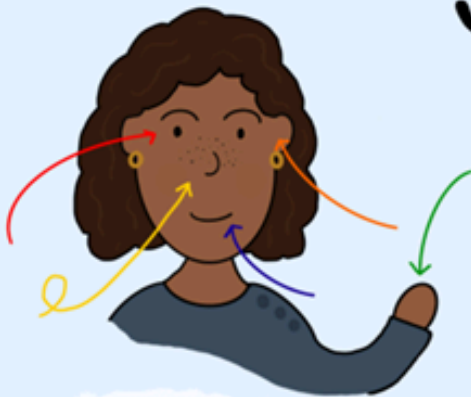
TIP  
05



# Grounding Techniques

@bepsychminded

(Helpful tools to create a sense of safety & grounding to the present)



## Senses

Name...

- 5 things you can see
- 4 things you can hear
- 3 things you can smell
- 2 things you can touch
- 1 things you can taste



## Re-orient

- ⚡ "I am..."
- ⚡ "The date is..."
- ⚡ "I am currently at..."
- ⚡ "I am safe"



## Physical

- Slow & deepen breathing
- Clench & relax your fists
- Press your feet into the floor
- Stretch



"fish, cat, dog, hamster, gerbil"

## Mental

- Play a categories game (e.g. name as many pets)
- Imagine a safe & calming place
- Count backwards



## Soothe

- ♥ Offer yourself words of kindness:
- ♥ "Gentle" ♥ "I'm not alone"
- ♥ "This will pass"

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# HOW TO START MEDITATING



## BREATH

Don't try to "calm your mind." Instead, appreciate the sensations of your breath in the same way that a wine snob tastes a cabernet. When your mind starts wandering away into thoughts, just recognize that you're thinking. Then return to appreciating the sensations of your breath.



## ARMS/HANDS

Relax your shoulders and arms, letting your hands rest on your thighs. Alternately, place one hand on another in your lap.



## LEGS/FEET

If you're sitting in a chair, keep your feet flat on the floor and your spine straight. If you're sitting cross-legged on a cushion, the important thing is to have your knees below your hips. If you need a higher seat, make one.



## EMOTIONS

Long-term meditators show increased size in brain regions associated with emotional regulation. "Larger volumes in these regions might account for meditators' singular abilities and habits to cultivate positive emotions, retain emotional stability, and engage in mindful behavior," according to a UCLA study.



## EYES

Decide what you're going to do with your eyes. If you want the experience to be more body-based, close them. If you want to feel more anchored in the space you're in, keep them open.



## TIME

Meditation isn't about length; it's about frequency. In the same way you don't get strong by lifting one giant weight one time, you should try and sit regularly. Five or ten minutes a day is a great start.



Sources: "Start Where You Are: A Guide to Compassionate Living" by Pema Chodron; "The Miracle of Mindfulness: An Introduction to the Practice of Meditation" by Thich Nhat Hanh; "10% Happier: How I Tamed the Voice in My Head, Reduced Stress Without Losing My Edge, and Found Self-Help That Actually Works—A True Story" by Dan Harris

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