

How to do a mind-body scan

1 | Take 5 minutes.

Find a quiet place without interruptions.

2 | Take a deep breath.

Aaaaaahhhh.

3 | Start at the top of your head.

Observe your physical sensations.

- What are you feeling in your eyes? Your ears? Your nose?
- Are you clenching your jaw? Are your facial muscles tight or loose?
- Do you feel a breeze on your face? Is it warm or cool in the room? Are you sweating? Shivering?
- Are you wearing a scratchy sweater? Can you feel the label in your shirt?
- Etc.

Notice every physical sensation you can, all the way from your head to your feet.

4 | Don't judge. Don't rush to change anything.

Just observe. Notice.

5 | Scan your emotions, then your thoughts.

6 | Ask yourself 3 questions.

1. What am I feeling, physically?
2. What am I feeling, emotionally?
3. What am I thinking?

DO A 5 MINUTE MIND BODY SCAN



Mind-body scan record

	PHYSICAL	EMOTIONAL	MENTAL
MONDAY			
TUESDAY			
WEDNESDAY			
THURSDAY			
FRIDAY			
SATURDAY			
SUNDAY			