

Mind-Body Scan Worksheet

1. FIND A QUIET PLACE WITH NO DISTRACTIONS.
Sit or lie down. Set a timer for 5 minutes if you like.

2. START AT THE TOP OF YOUR HEAD, AND SLOWLY GO DOWN TO YOUR TOES.
Notice all physical sensations: hot/cold, itchy, tense, etc. Observe, don't judge.

3. QUESTION 1:
What are you feeling, physically?

4. QUESTION 2:
What are you feeling, emotionally?

5. QUESTION 3:
What are you thinking?

6. QUESTION 4:
Based on this scan, what have you learned about yourself today?
