BODY SCAN

Find a quiet, distraction-free place. Sit or lie down and consider setting a timer for 5 minutes.

Begin at the top of your head and slowly move down to your toes. Pay attention to physical sensations such as temperature, itching, tension and more. Simply observe without passing judgment.

WHAT PHYSICAL SENSATIONS ARE YOU EXPERIENCING?

HOW DO YOU FEEL EMOTIONALLY?

WHAT THOUGHTS ARE RUNNING THROUGH YOUR MIND?

REFLECTING ON THIS SCAN, WHAT INSIGHTS HAVE YOU GAINED ABOUT YOURSELF TODAY?

If you struggle to feel into your body, try colouring in the outline of a body in correlation to your feelings.

For instance, if your left calf hurts, colour the left calf red.