



Mindfulness: Body Scan Exercise

The Body Scan Exercise can be done anywhere: in bed, seated, standing, or while walking or hiking. During pregnancy and the postpartum period, women's bodies undergo a tremendous amount of change. The body scan exercise can help you feel grounded and connected to your body even as it seems to change daily. For partners, adoptive parents, and others, this exercise is equally helpful in bringing non-judgemental body awareness and centering.

You can practice this exercise alone or have someone read it to you.



*Begin by bringing your attention into your body
You can close your eyes if that's comfortable to you
You can notice your body, seated, wherever you're seated
Feeling the weight of your body, on the chair, on the floor
And take a few deep breaths, and as you take a deep breath
Bring in more oxygen and livening the body
And as you exhale, have a sense of relaxing more deeply
You can notice your feet on the floor
Notice the sensation of your feet touching the floor
The weight and pressure, vibration, heat
You can notice your legs against the chair
Pressure, pulsing, heaviness, lightness
Notice your back against the chair
Bring your attention into your stomach area
If your stomach is tense or tight, let it soften
Take a breath
Notice your hands. Are your hands tense or tight?
See if you can allow them to soften
Notice your arms. Feel any sensation in your arms
Let your shoulders be soft. Notice your neck and throat.
Let them be soft, relaxed.
Soften your jaw. Let your face and facial muscles be soft
Then notice your whole body present
Take one more breath
Be aware of your whole body, as best you can
Take a breath
And then when you're ready you can open your eyes*