

Body Scanner Script

Today, we're going to try a body scanner exercise, it should make you aware of what is happening in your body.

I invite you to lay down or sit comfortably, with your spine straight and body relaxed. You are invited to close your eyes or keep them open at a soft gaze.

Let's take 3 soft slow mindful breaths

B

B

B

Imagine you are in an X-ray machine- it'll slowly scan each of your body parts.

Let's start at your feet.

Put all your attention there

Don't think of other body parts, Just there

What sensations are there?

How do your socks feel?

Can you feel the soft fabric?

Where are your shoes tight?

B

Now the scanner is slowly moving up your legs...

Think about your calf muscles...

Are they tight?

Is anywhere sore?

Think about your thigh muscles above your knees...

Just notice how they feel...

If they're tired that is okay.

B

Now the scanner is on your tummy...

Is there any rumbling...

Can you feel your food being digested?

B



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Now the scanner is up to your chest and around your heart.

Focus on this area...

Think about what you can feel there...

B

Now onto your shoulders and neck...

Is there any tingling?

Tightness?

Any feelings are okay.

We are just noticing what is going on.

B

The scanner is moving over your face now.

Think about your chin,

lips, nose...

Are these relaxed?

If they're shut tight, let them go...

Release your cheeks, eyes, eyebrows, forehead...

B

Last, notice the feeling of the top of your head.

And the scanner is over the full body now
from the tip of your toes to the top of your head.

Deep breath:

B

Well done, you've completed this x ray exercise in noticing how your body is feeling.

Slowly you can open your eyes

B

and wiggle your body
as we carry on with our day.

