

# Pause. Notice. Choose.

## Mindful Moment: Body Scan



This is a time that you can set aside just to be with yourself.

It's a time for renewal, rest and healing. And it's a time to nourish your health and well-being.

Remember that pause, notice and choose is about being with the things as they are, moment to moment as they unfold in the present. Letting go of those ideas about personal development, letting go of your tendency for wanting things to be different from how they are, and allowing them to be just as they are right now. Giving yourself the space to be as you are. You don't even need to try to relax, no striving here. The relaxation may happen, it may not, it isn't the aim of the body scan.

If anything, the aim is to notice your experience, whatever it may be, practice being the witness, the observer, the expert of you.

Take a moment to notice, if you have any clothing that feels tight, you might choose to loosen it. The goal is to be optimally comfortable, especially around your waist or neck. You may choose to close your eyes or set a soft gaze. Begin to feel the weight of your body in the chair. Notice the points of contact between the chair and your body, noticing the out breath, allowing yourself to sink a little deeper into the support. Become aware of the sensations of your breath, you may feel the breath going in and out of your nostrils, passing through the back of your throat or you might feel the rise and fall of your chest and belly. Notice your breath wherever it feels most predominant and most comfortable for you.

When you're ready, notice the left leg, past the knee, past the ankle, right to the big toe of your left foot, noticing the sensations of your big toe with a sense of curiosity. Is it warm or cold? Now expand your awareness to your little toe and then all the toes in between. What do they feel like? And if you don't feel any sensation at all, that's okay, you've noticed. Expand your noticing to the sole of your foot, focus on the ball and the heel, the weight of the heel, the sides, the upper part of the foot, the ankle and then when you're ready, let go of your attention on the left foot.

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Let's repeat the process of that general kind curious and accepting awareness. Pay attention to the lower part of the left leg, the knee, the upper part of the left leg. Notice how your left leg may feel different from your right.

Gently shift your awareness around and down that right leg to the toes in your right foot, noticing if the right foot toes are different than the left foot toes, just noticing.

Now pay attention to your hips and the sensations there, moving to your lower torso, the belly, the lower back, your chest and your upper back, feeling your ribcage rising and falling as you breathe in and out.

Being mindful of your heart beating, if you can. Now pay attention to both arms together, beginning with the fingertips, the hands, the wrist, the forearms, the elbows, the upper arms, your shoulders.

Now move to noticing your neck, your jaw: begin loosening the jaw if it's clenched.

Feeling your lips, your cheeks, your nose, your eyelids and eyes, your temple, your forehead, maybe even noticing if you can loosen the frowns from your forehead. Loosen the muscles in your eyes, the back of your head, finally, the top of your head. Take time to notice each part of your head.

And when you're ready, let go of all the effort to practice noticing specific body parts. Take a moment to get a sense of your whole body, complete just as you are. Remember this sense of being is always available to you when you need it. The ability to rest in stillness.

When you're ready, you can end your pause, notice choose practice by slowly opening your eyes, coming back into the room and thanking yourself for this moment of care.

End of Mindful Moment.

Facilitator Asks a Few Questions for the Group

I would like to hear from a few of you:

What did you notice during that experience?

What did you like about it?

What did you find challenging?