

Theme B: Tips to Take Away: Three-Minute Body Scan

You can do a short “Body Scan” at any time, especially if you notice that you’re feeling tense or anxious.

Try it:

- while seated in class
- before tests
- before athletic events
- before speaking in public
- before getting out of bed in the morning
- before falling asleep
- while standing in line
- during social events
- before an interview



How to do it:

1. Use your attention to find your breath in your body.
2. Starting from either your feet or your head, move your attention through your body and notice your experience. Scan for tension in your feet; lower back; stomach; shoulders; face, jaw, or forehead; or wherever you hold tension in your body.
3. As you scan each area, breathe into the area, releasing tension and bringing in new energy as you did in the “Body Scan.”
4. Expand your awareness to your entire body and feel the breath move from your head to your feet.