Body Scan Script

Welcome to the body scan relaxation exercise.

Over the next several minutes, you will focus on the physical sensations throughout your body. These sensations might be the feeling of clothes on your skin, tension within your muscles, the temperature of the air, or anything else you can feel. Sometimes, you might not notice any sensation at all.

Your job is to simply observe these sensations. You do not need change how your body feels or do anything else.

5 second pause

To begin, sit back or lie down in a comfortable position. Close your eyes if you're comfortable doing so, or let your gaze soften. Take a few deep breaths.

10-20 second pause

Notice the feelings all throughout your feet, including your sole, heel, toes, and top of the foot. Notice the sensation of the ground, your shoes, and anything else you can detect.

10-20 second pause

Travel up your body, noticing the sensations in your ankles, shins, and calves. Notice sensations both deep in the muscles, and on the surface of your skin.

10-20 second pause

Continue noticing the feelings in your legs as you move up to your knees and thighs. Notice how your clothing feels against your skin.

10-20 second pause

Continue moving up your body, taking note of the feelings in your hips and backside. Simply notice the feelings, without any need to change them.

10-20 second pause

Pay attention to the feelings in your lower back and abdomen. Notice how your body feels against the surface on which you are [sitting / lying down].

10-20 second pause

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For a few moments, pay attention to your breathing. Notice how your abdomen rises when you breathe in deeply, and falls when you exhale.

20-30 second pause

Experience the sensations in your upper back and chest. Notice the feeling of clothing on your body.

10-20 second pause

Now, notice the feelings in your hands, fingers, and wrists.

10-20 second pause

Notice the sensations in your forearms, upper arms, and shoulders.

10-20 second pause

Pay attention to the feelings in your neck and throat.

10-20 second pause

Notice the feelings in your face and head. Attend to every feature in your face, one by one.

20-30 second pause

Finally, slowly scan your entire body, noticing all the sensations from your toes to the top of your head.

10-20 second pause

The body scan exercise is coming to a close. At your own pace, allow your eyes to open.

5 second pause

This concludes the body scan exercise.

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