A gentle body scan

Read this slowly aloud for someone else, or record it in your own voice and play it back. Pause for about three breaths after each line. About ten minutes.

01	**Settle** Lie down or sit comfortably. Let your eyes close. Take three slow breaths, letting each out-breath be a little longer.	pause · 3 breaths
02	**Feet** Bring your attention to your feet. Notice the heels, soles and toes. Warmth, coolness, pressure, or nothing much at all.	pause · 3 breaths
03	**Legs** Let your attention move up through your ankles, calves and knees, into your thighs. Let them feel heavy and supported.	pause · 3 breaths
04	**Hips and lower back** Notice where your body meets the floor or chair. Let the lower back soften.	pause · 3 breaths
05	**Belly and chest** Feel the belly rise and fall with the breath. Notice the chest gently widening and settling.	pause · 3 breaths
06	**Hands and arms** Notice your fingers, palms and the backs of your hands. Move up through the wrists, forearms and upper arms.	pause · 3 breaths
07	**Shoulders and neck** Let your shoulders drop away from your ears. Notice the neck and the back of the head.	pause · 3 breaths
08	**Face** Soften the jaw, the cheeks and the space between your eyebrows. Let the forehead be smooth.	pause · 3 breaths
09	**Whole body** Sense your whole body breathing, from head to toe. Rest here for a few breaths. When you are ready, gently move your fingers and toes and open your eyes.	pause · 3 breaths

If your mind wanders, that is normal. Notice where it went, and kindly return to the part of the body you were exploring.

General wellbeing information, not medical advice. Practise within your comfort.