



DR. KRISTEN RACE
BALANCE YOUR BRAIN TO BALANCE YOUR LIFE

Body Scan for Resilience

Research suggests that the body scan practice can help reduce stress, improve well-being, and decrease aches and pains. This practice often allows us to notice and release sources of tension we weren't aware of before, such as a tight neck or back or clenched jaw muscles.

It also may draw your attention to a source of discomfort. Our feelings of resistance and tension around pain can often increase that pain, according to research, by simply noticing the discomfort we're experiencing, without trying to change it, we may actually feel some relief.

Begin by finding a comfortable position either seated in a chair or lying on the floor or a yoga mat.

You can close your eyes if that's comfortable for you.

Bring your awareness to the weight of your body on the chair, on the floor.

Take a few deep breaths. And as you inhale, bring in healing oxygen to the body. And as you exhale, notice a sense of relaxing more deeply.

Notice the sensations of your feet. The weight, temperature, sensations where your feet touch the floor.

Notice your legs against the chair or floor, pressure, pulsing, heaviness, lightness.

Notice your back...

Bring your attention into your belly area. Notice if your stomach feels tense or tight, let it soften as you exhale

Notice your hands. Are your hands tense or tight. See if you can allow them to soften.

Notice your arms. Feel any sensation in your arms. Let your shoulders be soft.

Notice your neck and throat. Let them be soft. Relax.

Soften your jaw, your face and facial muscles

Now notice your whole body present. Take one more breath.

Be aware of your whole body as best you can. Take a breath in, and let it go.

When you're ready, you can open your eyes.