

Body Scan Meditation Script

BODY SCAN MEDITATION SCRIPT

Name: _____ Date: _____ dd / mm / yyyy

A Body Scan Script is a guided meditation or relaxation technique that focuses on bringing awareness to different parts of the body. It promotes relaxation and stress reduction. It is often used in mindfulness practices and can help individuals develop a sense of calm and connection with their bodies.

Find a comfortable position, either sitting or lying down, where you can fully relax. Close your eyes and take a deep breath in, allowing your body to settle into a state of relaxation. Begin by bringing your attention to the top of your head. Notice any sensations you feel in this area. Take a moment to release any tension or tightness you may be holding in your scalp, forehead, and temples. Now, slowly move your attention down to your face. Feel the muscles in your cheeks, jaw, and around your eyes. Allow any tension to melt away as you focus on the sensations in these areas. Next, shift your awareness to your neck and shoulders. Notice if there's any tightness or stiffness in this area. With each breath, imagine the tension dissolving, leaving your neck and shoulders feeling light and relaxed. Bring your attention to your arms and hands. Feel the weight of your arms as they rest comfortably. Notice any tingling or warmth in your hands. Take a moment to appreciate the sensations in this area. Now, direct your focus to your chest and abdomen. Feel your breath's gentle rise and fall as you inhale and exhale. Allow your breath to deepen naturally, bringing a sense of calmness and relaxation to your entire body. Shift your attention to your back and spine. Notice the support of the surface beneath you. Release any tension or tightness you may hold in your back, allowing your muscles to unwind. Move your awareness down to your hips and pelvis. Notice the sensations in this area. Feel the gentle rhythm of your breath as it flows through your body. Now, bring your attention to your legs and feet. Feel the weight of your legs, and notice any sensations in your thighs, calves, and feet. Release any tension in these areas and let your legs and feet fully relax. Take a few moments now to scan your entire body, from the top of your head to the tips of your toes. Notice any areas of lingering tension and consciously release them, allowing your whole body to become deeply relaxed. Finally, take a deep breath in, and as you exhale, slowly open your eyes and bring your awareness back to the present moment.

Notes: