

BODY SCAN GROUNDING EXERCISE

When life feels overwhelming, it can help to pause and gently check in with your body. This exercise guides you through noticing physical sensations, helping you feel more grounded and present.

How to Use This Page

1. Find a quiet, safe space.
2. Sit or lie down comfortably.
3. Take three slow, deep breaths.
4. Starting at the top of your head, move your awareness slowly down your body.

As you scan each area, ask yourself:

- Do I notice any tension, relaxation, or discomfort?
- What sensations are present (warmth, coolness, heaviness, tingling, calm)?

Head, Face, and Neck

☐ Tense ☐ Relaxed ☐ Neutral

Notes: _____

Hips and Legs

☐ Tense ☐ Relaxed ☐ Neutral

Notes: _____

Shoulders and Arms

☐ Tense ☐ Relaxed ☐ Neutral

Notes: _____

Feet and Toes

☐ Tense ☐ Relaxed ☐ Neutral

Notes: _____

Chest and Stomach

☐ Tense ☐ Relaxed ☐ Neutral

Notes: _____

What major life things am I experiencing?

Reflection Prompt

Where did I notice the most tension? _____

Where did I notice the calmest? _____

This practice helps bring your awareness back into your body. Over time, it can help you recognize patterns, release stress, and connect to moments of peace.

PROGRESSIVE BODY RELAXATION MEDITATION

How to Use This Worksheet

1. Find a quiet, comfortable space. Sit or lie down.
2. Take a few deep, slow breaths. Let your body feel supported by the surface beneath you.
3. Move through the steps below at your own pace. There is no rush.

Step 1: Head and Face

- Gently bring attention to your forehead, eyes, jaw, and cheeks.
- As you breathe out, imagine these areas softening and releasing tension.
- Repeat silently: "I release tension from my head and face."

Step 4: Chest and Stomach

- Focus on your chest and stomach. Notice your breath moving in and out.
- As you exhale, feel your torso softening and letting go.
- Repeat silently: "I release tension from my chest and stomach."

Step 2: Neck and Shoulders

- Notice your neck and shoulders. Lift them slightly, then let them drop with your exhale.
- Feel the weight leaving your shoulders.
- Repeat silently: "I release tension from my neck and shoulders."

Step 5: Hips and Legs

- Bring awareness to your hips, thighs, knees, and legs.
- Imagine these areas relaxing deeply with each breath.
- Repeat silently: "I release tension from my hips and legs."

Step 3: Arms and Hands

- Bring attention to your arms and hands. Stretch or wiggle fingers gently.
- With each exhale, let your arms feel heavy and relaxed.
- Repeat silently: "I release tension from my arms and hands."

Step 6: Feet and Toes

- Focus on your feet and toes. Feel them grounding you to the floor.
- Release any remaining tension with your exhale.
- Repeat silently: "I release tension from my feet and toes."

Closing Reflection

- Take three deep, slow breaths and notice how your body feels.

This meditation can be repeated daily or whenever you need to reconnect with your body and find calm.

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