

Body Scan Podcast Transcript

Vanessa

I invite you to pause, take a moment, and close your eyes, and let's just observe our body. Let's do a body scan. And with the body scan, it helps us become present, it allows us the opportunity to become more curious, maybe find discoveries, maybe see any places that we want to invite further, to relax or explore more.

So as we do this body scan, we're just going to observe our body, with compassion, with curiosity, no negative self-talk or any judgments. If those come into mind, just let them go and come right back into the present space.

So I invite you to close your eyes, take a few deep breaths in and out your nostrils. And notice if you're able to take a full breath to your diaphragm, if you can't, that is okay. But just continue to breathe. And as you inhale, notice your belly expand. And with every exhale, notice it come back down. And just do a couple more.

And as we come into this space, we're gonna start with the crown of our head, and we're just gonna notice what's there. Notice your mind, notice your thoughts, just notice what's going on there. Notice your eyes. Are they able to relax? Your ears, your nose. If you're clenching your jaw, if it's nice and relaxed. Your throat. Your shoulders, your upper back. Your arms, your wrists, and your hands. And continue to observe.

And if there's any areas that you come across that need a little bit more attention, feel free to send your breath there.

And come into our heart center, our chest area. And let's take a moment there, send a couple of breaths there. That's where we can sometimes hold stress or anxiety. Just let's send some breaths there, and as you focus your attention at your heart.

And notice your back, your abdomen. Your lower back. Your hips. Your legs, your knees. Your ankles and your feet. Take an inhale through your nostrils.

Pause the breath, and let's take a strong exhale out our mouth. Beautiful. And just pause. Take a moment and feel into the space of your body and around it.

And you can do this exercise as many times as you want throughout the day and on a daily basis. And it's just a check-in, and it helps establish that connection with your body a little bit more, and just check in.

Crystal

Thank you for listening to PRA Well-Being's Body Scan exercise. This is one of a three-part wellness exercise series developed and led by Vanessa Marrufo of Solrise Wellness. The exercises included in this series are intended to boost well-being and mindfulness. If you haven't already done so, please listen to the other exercises in our series on Emotional Freedom Technique and Vagus Nerve Reset. This series was produced in association with Policy Research Associates and for more information about PRA Wellbeing, you can visit the website at www.prainc.com.