

# 1 Minute of Mindfulness

## Body Scan

- ◆ Sit with a tall back, relaxed posture and close your eyes.
- ◆ Deep inhalations and exhalations.
- ◆ Bring your focus to your feet.
- ◆ Feel them grounded on the floor.
- ◆ Move your attention to your legs. Notice any sensations on the surface of your skin, or deeper within; heaviness, lightness, pressure, tingling.
- ◆ Focus on your pelvis and hips, feel them heavy against the chair.
- ◆ Move up to your stomach, notice it rise and fall with each breath.
- ◆ Notice your ribs and chest and have a sense of relaxing more deeply.
- ◆ Scan from your hands up your arms to your shoulders. Soften your shoulders and neck.
- ◆ Relax your face. Soften your jaw.
- ◆ Take notice of your whole body.
- ◆ Take one more breath.
- ◆ When you're ready, open your eyes.