Body Scan Meditation

SilverCloud
Digital Mental Health Platform

1. Get comfortable
2. Close your eyes & focus on your breath
3. Starting with your head and moving down, bring awareness to specific parts of your body
4. Spend 20-60 seconds noticing sensations
5. Imagine tension decreasing with each breath
6. Release your focus on that part of your body
7. Move down to the next part of your body & repeat until you reach your toes
8. If your thoughts wander, gently bring your awareness back
9. After several scans, let your awareness travel across your whole body
10. Release your focus & come back to your surroundings