


SELF CARE BODY SCAN*

▶ ABOUT THIS ACTIVITY

 **Time:** 30 minutes

 **Objectives:** By the end of this session, participants will be able to:

- Practice relaxation techniques of conscious breathing and simple meditation.
- Introduce exercise to increase awareness of body and breath. Introduce other relaxation techniques.

 **In This Activity You Will...**

- Conduct a relaxation exercise (30 minutes).

 **Materials:**

- Comfortable quiet space
- A blanket and pillow
- Meditation tape and tape player

 **Preparation:** None

Instructions

1. Introduce “body scan.” Participants will be invited to lie on the floor on a blanket, but may also choose to remain seated in chair.
 - If you’re comfortable lying on the floor, get a pillow and find a spot on the floor. Make sure you move any glasses, drinks, etc. out of your way.
 - Lie down on your back. Take a deep breath and let it out. Put your hands on your belly and breathe in, then push out the air.
 - It’s been a busy week already, and we’re going to take some time to do something very important—taking care of ourselves.
 - Notice where you’re feeling tight—is it in your shoulder, jaw, neck? Keep breathing. Concentrate: pay attention to your muscles.
2. Play the mediation tape.
3. After the tape ends, discuss the group’s experience with relaxation.
 - Take a moment to open your eyes, then roll to your side and get up from your side.
 - What did you notice during this exercise? How was it to relax like this?
4. Give participants a 15-minute break.
 - Let’s take a 15-minute break to wake up now that everyone is relaxed and rested. Please be back in 15 minutes so we can finish our activities for the day.

Summary

- Gaining a deeper awareness of the body and its strengths and limitations is a cornerstone of self-healing;
- The “body scan” is a technique for deepening awareness of the body, breath, and mind.

* This module is part of the online toolkit Building Blocks to Peer Success. For more information, visit http://www.hdwg.org/peer_center/training_toolkit. This module comes from Duke University, Partners in Caring; Center for Creative Education, 2006.