

BODY SCAN MEDITATION

Invoking the Relaxation Response

Soften your gaze or close your eyes gently. Get comfortable lying or sitting straight in a chair with spine erect.

Breathe in slowly with a big belly breath or RESET breath to the count of four. Breathe out for the count of eight or whatever is comfortable. Now breathe normally.

Bring your attention to your left foot. Notice your left foot and your toes, heel, bottom of your left foot. What does it feel like? Slowly move up your left ankle. How does your left ankle feel? Is there any pain? Is it hot or cold? Does it feel light or heavy? Accept the sensations as you become aware of them. Now move to your left leg starting at the bottom, up to your knees and thighs, all the way to your left hip.

Send loving kindness and gratitude to your left leg.

Now bring your attention to your right foot. Notice your right foot and your toes, heel, bottom of your right foot. What does it feel like? Slowly move up your right ankle. How does your right ankle feel? Is there any pain? Is it hot or cold? Does it feel light or heavy? Accept the sensations as you become aware of them. Now move to your right leg starting at the bottom, up to your knees and thighs, all the way to your right hip.

Send loving kindness and gratitude to your right leg.

Now pay attention to both your legs from your toes to your hips. Take a deep Belly / RESET breath.

Be still and send gratitude to your legs for all they do.

Move your attention to your abdomen. Be still and just observe what is there. How does your belly feel? Can you feel the rise and fall of your belly with your breath? Do you notice any tension in specific areas of your abdomen?

Send loving kindness and gratitude to your belly and all your organs in your abdomen.

THE MINDFUL NURSE AUSTRALIA

Bringing your awareness to the body is a great practice that will ground your attention in the present moment.

The Body Scan Meditation is designed to help enter a deep state of relaxation which effectively decreases the stress response.

Time is of the essence in nursing. You can do a quick body scan in moments.

Start at the bottom of your body working upwards. Noticing any areas of tension.

Gently breathe into those areas and imagine letting go of the tension on the outbreath. Does your body require your attention and your care. Send loving kindness and gratitude to your body.

Compassionate care for our patients starts with compassionate self care.

In Loving Kindness

Lucinda



Bring your awareness to your back and spine. Gently moving from your lower back all the way up to your shoulders. Gently rolling up your spine one vertebrae at a time. Notice any sensations that arise in your back. Sit quietly just noticing everything about your back and spine.

Send warm loving kindness to your back and spine.

Send gratitude to your spine.

Now move your attention to your fingers, thumb's, wrists, hands. Observe the back of the hands and the palms of your hands.

Send gratitude and loving kindness for everything your hands do.

Move to your arms from your wrists all the way to your shoulders. Pay attention to your elbows, your muscles. Notice what is there.

Send loving kindness to your arms for all they do.

Remember to breathe.

Now we pay attention to your neck and throat. Take a swallow and notice how your neck and throat feels? Does your neck feel tight? Do you feel stress in your neck or does it feel relaxed?

Send thoughts of health and healing to this part of your body.

Now pay attention to your face. Your chin, your mouth, your lips, your cheeks, your eyes, your eyebrows, your forehead and your ears. Take a moment to observe what's there. Notice everything without attempting to change it. Just accept and observe. Allow a smile to emerge if you feel this is right for you.

Next, we bring attention to your head, including your hair and scalp and your brain. Observe the activity inside your mind. Observe your thoughts without changing anything. Just let them come in and let them go.

Send thoughts of loving kindness and connection. Connect with your inner wisdom. Send loving kindness and gratitude to your whole amazing body. It is always working for you.

Now take a deep belly / RESET breath and fill your whole body with oxygen. Feel every cell in your body perfused. As you exhale gently let go of anything that no longer serves you.

In your own time, slowly open your eyes and bring your awareness back to the room.