



Tips for the body scan

1. Just do it! – let go of expectations and regardless of what happens just allow yourself to keep coming back to scanning your body.
2. Things that may happen – falling asleep, thinking about other things, focusing on the “wrong” bit of the body or lose concentration.
3. If your mind is wandering a lot, just note the thoughts and then with gentleness and patience come back to the body scan.
4. Let go of “doing it right” or “having to relax.” This is not about striving or competing; it’s simply about doing the practice and bringing to it an attitude of openness and curiosity.
5. Let go of expectations of an outcome. Imagine you are planting a seed and the more you interfere with it the harder it is for the plant to grow. Just nurture the process by providing the best conditions of time and space and regular daily practice allowing the process to develop.
6. Acceptance! – see if you can approach this practice and the sitting practice with an attitude of “Ok that’s just the way it is now” – no matter whether you think it was good or bad. There is no good or bad there’s just practicing or not practicing. 😊

Adapted from MBSR Mindfulness Training Manual 2009. Sydney AUST Openground Training and Consulting