CHAMPS Resiliency Collaborative: Introductory Body Scan

The CHAMPS Resiliency Collaborative (RC) is an online facilitated peer support group. Each session will begin and end with a practice of mindfulness techniques. Below is the Body Scan exercise each session will begin with:

Adapted from Project Happiness Mindful Moments

- First, please get into a comfortable sitting position. When you are ready, please close your eyes. Focus on your breathing. (Give a few moments to focus and calm).
- Now, I want you to feel yourself on the chair (a moment of quiet) feel your feet on the ground (a moment of quiet) now your toes – you can wiggle them if you want to. Now feel the seat of your chair and how your back feels leaning on the chair.
- Where your body is touching the chair or the floor, is it relaxed or tense? Can you soften those tense edges? (Wait a few moments)
- Bring your hands together and rest them in your lap. How do they feel? (wait a moment) Are they heavy or light? Warm or cool? Are they relaxed? (wait a moment) As we shine the spotlight on different parts of our body, keep these questions in mind.
- Let’s shine the spotlight on our feet. How do they feel? (wait a moment) are they heavy or light? Warm or cool? Are they relaxed? (wait a moment)
- What about your calves? How do they feel? (wait a moment) are they heavy or light? Warm or cool? Are they relaxed? (wait a moment)
- Now move the spotlight to your knees and thighs. How do they feel? (wait a moment) are they heavy or light? Warm or cool? Are they relaxed? (wait a moment)
- Put the spotlight on your belly. Breathe in and feel it fill up with air and then slowly breathe out.
- With your hands still clasped in your lap, put the spotlight of attention on your fingertips. How do they feel? (wait a moment) are they heavy or light? Warm or cool? Are they relaxed? (wait a moment)
- Now up your arms to your elbows and shoulders. How do they feel? (wait a moment) are they heavy or light? Warm or cool? Are they relaxed? (wait a moment) Roll your shoulders if you feel tense. (wait a moment)
- Now your back. Feel the warmth of the spotlight help loosen those muscles as you continue to breathe slowly. (wait a moment)
- Slowly the spotlight moves to your face. Your mouth, your eyes, your ears to the very tip of your head. Again, roll your neck slowly and take in a big deep breath. (wait a moment)
- Allow the group to breathe silently for a few moments.
- And when you are ready open your eyes and stretch and come back to the group.

This exercise is taken from Project Happiness Mindful Moments