

MENTAL HEALTH

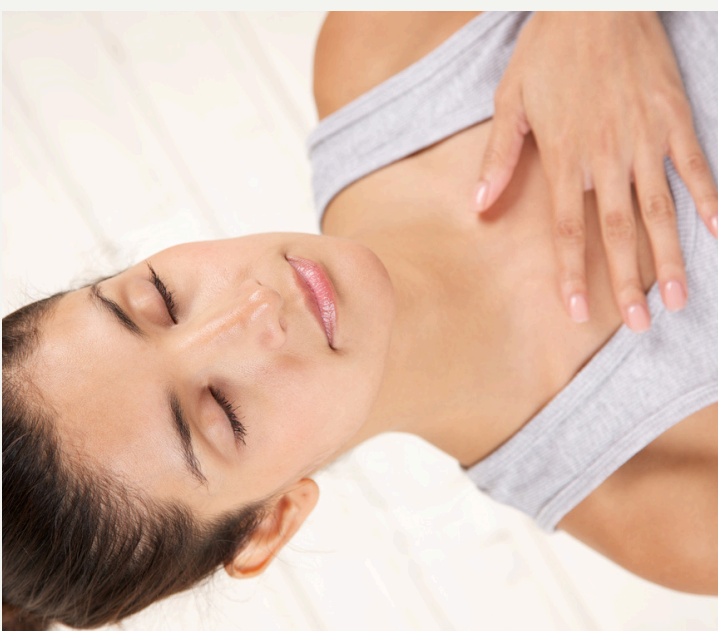
BODY SCAN

Body scan is a meditation technique. It is a simple exercise to help reintegrate your mind and body into one. The main point of this exercise is to become fully aware of the sensations in our body. This results in physical and mental relaxation.

This activity involves acknowledging all the sensations in your body. You should not try to change how you feel, not even to become more relaxed or calm.



During the body scan, pay attention to each region of your body for a few seconds. Normally, this is about twenty to thirty seconds. However, there is no need to measure time precisely or count breaths; simply pay attention to each part of the body for as long as you consider necessary.



You can experiment with your breathing and pay close attention to the sensations you discover in your body. Imagine that when you inhale, the air passes through your lungs and throughout your body to the part you are currently working on. Then, as you exhale, the air travels through your body to exit from the area you are working on to the exterior. When you feel an intense sensation, such as tension, in a particular part of the body, notice how that part of the body feels when you "inhale." Then see how the sensations change when you exhale to release them. If the sensations do not change, don't worry, just continue with the activity.

While performing this exercise, your mind may be distracted by some thoughts. This is completely normal. When you notice this, gently acknowledge that you have been distracted and softly return your awareness to the part of the body you wanted to focus on.



We have the following videos and instructions available to help you perform this activity. Read the instructions before starting to practice this technique and do it with a friend or family member. Take turns so that one reads the instructions while the other practices the body scan.

Youth	Adults	Instructions

The body scan instructions are based on this resource from the organization [Recipesforwellbeing.org](https://www.recipesforwellbeing.org).

For more information on self-help coping strategies, visit our Unaccompanied Children Resource Center: ucresourcecenter.org.