

Wellbeing Tip of the Week

Body Scan (Part 1)



Sometimes we can feel physical discomfort; headaches, back pain, tension in our bodies, without realising it's been brought on by stress.

This might be because we have got used to disconnecting from our feelings, if it feels too uncomfortable to sit with them. This doesn't make the feelings go away and can sometimes make it worse if we don't deal with them in a healthy way. If we can practice re-connecting our minds with our bodies, then we can help to ease some of the tension.

Here are some steps to help achieve this:

- Pay attention to your thoughts and feelings, noticing which ones are positive and which ones lead to spiralling
- Be OK to sit with any unpleasant feelings and accept them, until the feelings pass
- Bring some relief to your mind and body through breathing exercises

Here is a link to a body scan exercise:

https://www.youtube.com/watch?v=ihwcw_ofuME&t=35s