

RESILIENCY

Resiliency In The Moment: Body Scan

“Your body is your best guide. It constantly tells you, in the form of pain or sensations, what’s working for you and what’s not.”

– Hina Hashmi

Listen to what your body is telling you.

1. Begin by relaxing your body and breathing from your belly.
2. Start from the top of your head and slowly move to the bottom of your feet.
3. Notice any sensations you feel - be curious about them, then release them.

Take as much time as you need for this practice. Studies show practicing multiple times a day or once each day provides additional mental health benefits.

We may not realize it, but our bodies hold on to stress in the form of tension and other sensations, being mindful allows us to let it go. It is also important to acknowledge any positive sensations we feel with gratitude.



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