WORKSHEET 17 · FOR THE PSYCHOLOGIST

The short body scan

Living in your body rather than your head (mindfulness)

AIM

Train attention to rest on bodily sensations, area by area, with curiosity, to step out of rumination and tolerate the sensations of anxiety better.

WHO IT IS FOR

Rumination, physical anxiety, chronic tension, difficulty falling asleep.

DURATION

10 min; once a day for 2 weeks

HOW TO RUN IT

1. Introduce the exercise: it is not about relaxing, but about noticing, including unpleasant sensations.
2. Guide a 10-minute scan: feet, legs, pelvis, back, abdomen, chest, hands, arms, shoulders, face.
3. In each area: notice what is there (warmth, contact, tension, nothing) and move on to the next.
4. Then discuss the experience, without looking for a “right” answer.
5. Suggest daily practice, with a recording if possible (you can record your voice in session).

POINTS TO WATCH

> Some people feel more anxious when they attend to their body (panic, health anxiety, trauma): shorten it, keep the eyes open, start with the feet and hands, and always leave the option of stopping.

REFERENCES

Kabat-Zinn, J. (1990). Full Catastrophe Living: Using the Wisdom of Your Body and Mind to Face Stress, Pain, and Illness. Delacorte.

Segal, Z. V., Williams, J. M. G. & Teasdale, J. D. (2013). Mindfulness-Based Cognitive Therapy for Depression (2nd ed.). Guilford.

PSYCHOLOGIST’S NOTES

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WORKSHEET 17 · WORKSHEET TO HAND OUT

The short body scan

For 10 minutes, move your attention through your body, like a torch. There is nothing to achieve: just notice what is there, even if it is unpleasant or there is nothing.

1. Get comfortable, sitting or lying down. Feel the points of contact with the floor or the chair.
2. Bring your attention to your feet, then your legs, pelvis, back, abdomen, chest.
3. Then to your hands, arms, shoulders, neck, face. About a minute per area.
4. When your mind wanders (it will), come back without judging yourself to the area you were on.

Day	Duration	What I noticed	What I found difficult

What do I discover when I listen to my body?

These exercises do not replace therapy. If you are in distress or having suicidal thoughts: 112 (European Union), 3114 (France) or the emergency number of the country where you live.

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