Mindfulness

Mindfulness is the awareness of one’s internal states and surroundings. This involves calmly acknowledging and accepting one’s feelings, thoughts, and bodily sensations.

**Body Scan Meditation**

1. **Get Comfortable**
   - Find a quiet area, lay down, and get comfortable. If that’s not possible, sitting comfortably is an option.

2. **Take a few deep breaths**
   - Slow your breathing down and start breathing from your stomach. Let your abdomen expand and contract with each breath.

3. **Bring awareness to your feet**
   - Now, bring your attention to your feet. Begin observing sensations in your feet. If you notice anything, acknowledge it and any thoughts or emotions that accompany it.

4. **Breathe into the tension**
   - Focus your attention to any uncomfortable sensations you notice. Breathe into them, and visualize the tension leaving your body.

5. **Scan your entire body**
   - Continue this practice with each area of your body. If you notice any tightness, pain, or pressure, continue to breathe into those feelings!