



PAULA PLUCK

## FREE Mindful Well-being Coaching Course



### Body Scan

I hope you have enjoyed the last three days. Did you get any insights into how your thoughts effect how you are feeling?

Over the next few days I like you to really consider how your thoughts are creating your experience of life. Remember both stress and happiness are experiences that we elicit by how we think, act and speak.

What we think about comes about and that means we have a say in our health and well-being by how we think act and speak.

In addition to monitoring your thoughts and their impact on your well-being I would like to do the body scan below for the next three days.

Enjoy the body scan it is a little longer but connecting to your body is powerful source of healing.

Benefits of the body scan include:

- Helping your mind become more focused.
- Shifting your attention away from negative thoughts and pain.
- Reducing stress / anxiety





P A U L A P L U C K

Perhaps most of all, the body scan teaches you the joy of simply being in a world where we are forever pressured to be doing. Resting in awareness is just that – resting. So enjoy your me-time and give yourself a well-deserved break!

For your homework, do the body scan each day and also take the opportunity to notice how your body feels at random times during your day – whether you're walking down the street, sitting on a train or at work. Just notice your posture and tune in to how your body feels, simply noticing any sensations and generally feeling what the internal weather is like.

Love

Paula

**“Through practising body scan awareness meditation, we can greatly reduce the detrimental effects of stress and make our working lives pleasant and enjoyable.”  
— Christopher Dines**

