

Body Scan Meditation Guide

A Simple Way to Relax and Sleep Better

This easy practice helps you relax your body step by step. You can do it lying in bed or sitting comfortably. It takes just a few minutes, and it's okay to fall asleep during it! Follow these steps:

1. **Get Ready:** Close your eyes and take a few slow breaths. Feel your body resting.
2. **Start with Your Toes:** Notice how they feel—are they warm, cool, or tingly? Don't judge, just notice.
3. **Move Up Slowly:** Focus on your feet, then your ankles, then your legs. Imagine any tightness melting away, like snow in the sun.
4. **Keep Going:** Check your knees, hips, and stomach. Let them soften and relax.
5. **Continue Upward:** Feel your chest, shoulders, and arms. Let them feel light and calm.
6. **Finish with Your Head:** Notice your neck, face, and head. Imagine all worries fading away.
7. **End Gently:** When you're done, take a deep breath and rest. If you're sleepy, let yourself drift off.

Tips:

- Go at your own pace—there's no rush.
- If your mind wanders, that's normal. Just bring it back to your body.
- Practice this every night to feel calmer over time.

Enjoy your peaceful moment!

(Print this guide or save it to your device for easy use.)

