

SIDE <sup>BY</sup> SIDE  
NUTRITION



**MINDFUL**  
PROGRESSIVE  
SCAN

Adapted from Alana's Body Embrace Program



# OBJECTIVES

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- We often carry tension and different emotions in our bodies, which can exacerbate an already negative perception of body image. Also, we often attempt to avoid experiencing their bodies as a means of body avoidance, emotion avoidance, and decreasing overall distress. If you can learn to tolerate your body experience, you can work towards a greater acceptance and increase your use of distress tolerance skills. You can work towards gradually experiencing and tolerating your body

\*Use your own judgment and discretion and the support of your treatment team to proceed with this activity with caution in order to assess if this is right for you, to feel safe, and to stay in your window of tolerance.



# INSTRUCTIONS

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- Take a moment to draw a slow, deep breath. Let your eyes fall closed. And as you breathe, let your attention come to rest on the sensation of breathing. Notice how it feels to draw the air into your body. Notice the temperature of the air hitting your nose your lips on the way in and then is it again as you push the air out. Notice the way the muscles expand to pull the air in and squeeze together as you push the air out. Notice the way the muscles expand to pull the air in and squeeze together to push the air out. And breathe.



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- And now gently guide your attention to the sounds of your breath. Notice the sounds of air as it rushes passed your lips your nose. Notice the subtle shifts in volume, the texture of the sound. Take a moment to listen for any other tiny sounds of your breathing such as your clothes shifting slightly as your belly expands. And breathe.
- And when you have a sense of what it feels like and sounds like to breathe, gently expand your attention out to take in your bodily experience more broadly. See if you can't wrap your awareness around the whole of your physical presence as it is right now. And breathe.

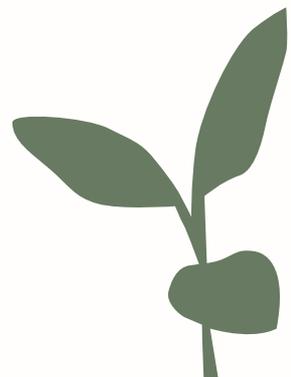




Take a moment here to notice the differences in temperature in your body. Let your attention come to rest on the parts of your body that feel cold. Notice each of these cold spots, one by one, letting your attention come to rest on the coldest. And breathe.



Now let your attention come to rest on the parts of your body that feel warm. If more than one area feels warm, notice each one in turn, letting your attention can't arrest on the warmest. And breathe. Take a moment now to notice any pressure on your skin. Notice areas of light pressure, maybe wear your clothes barely brush on your skin. Notice areas with more firm pressure, where your bottom touches the chair or wear elastic in your clothing find your skin. See if you can't notice the lightest touch you feel on your skin right now. And see if you can't notice the firmest pressure on your skin right now. And breathe.

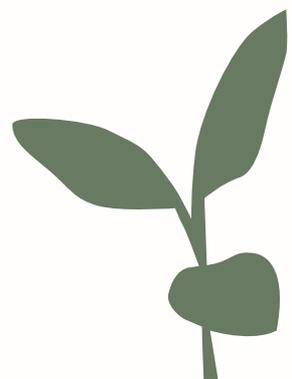




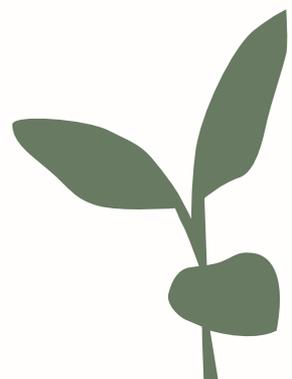
And now let your attention shift into your muscles. Notice any tension in your muscles, any place your muscles feel tight and engaged. Let your attention come to rest on each of these areas of tension one by one. And breathe.



Now, notice any areas of relaxation, any places where are your muscles feel where are your muscles feel heavy and tingling. Let your attention come to rest on each of these areas of relaxation one by one. And breathe. Take a moment now to notice anybody or head pain you were carrying with you today. Let your attention come to rest there, on that pain. Notice any heavy and tingling. Let your attention come to rest on each of these areas of relaxation one by one. And breathe.



- Take a moment now to notice anybody or head pain you were carrying with you today. Let your attention come to rest there, on that pain. Notice if there is a shape or rhythm to that pain. Notice if it is sharp or dull, if it stings or aches or pounds. See if you can't walk your awareness gently around the edges of that pain, noticing where your body transitions into the pain, shifts from pain to no pain. And breathe.
- And now let your awareness gently expand out to take in each of the physical experiences you were having right now, from the strongest of the most subtle. If you find your attention drawn to a single sensation, see if you can't expand out from that sensation to take in the whole of your physical experience. See if you can let your attention hover there, on the whole, for just a moment.





And before you in this practice, give yourself three slow, deep breaths, returning your attention back to the whole of your bodily experience with each slow breath Inn. And on your next breath, take a moment to mark this experience in your memory, to know the stance toward the present as one you can return to in any moment, before it begins to gently fade away. And breathe. And whenever you're ready, open your eyes.

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