

## **Athletes Body Scanning Mindfulness**

Body scanning mindfulness is a powerful technique for athletes to increase awareness, reduce stress, and enhance focus. This quick, 5-minute exercise can be performed before competitions, during breaks, or anytime an athlete needs to centre themselves.

### **How to Do It**

#### **1. Preparation (30 seconds):**

- Find a quiet and comfortable place to sit or lie down.
- Close your eyes and take a few deep breaths, inhaling through the nose and exhaling through the mouth.
- Allow your body to relax and settle into the position.

#### **2. Focus on Breath (30 seconds):**

- Continue to breathe naturally.
- Pay attention to the sensation of your breath entering and leaving your body.
- Feel your chest rise and fall with each breath.

#### **3. Scanning the Body:**

- **Feet and Toes (30 seconds):**
  - Bring your attention to your feet and toes.
  - Notice any sensations, areas of tension, or relaxation.
  - Breathe into this area and imagine any tension melting away as you exhale.
- **Lower Legs and Knees (30 seconds):**
  - Shift your focus to your lower legs and knees.
  - Observe how they feel without trying to change anything.
  - With each breath out, release any tightness or discomfort.
- **Thighs and Hips (30 seconds):**
  - Move your attention to your thighs and hips.
  - Notice any pressure points or areas of ease.
  - Exhale tension, allowing these muscles to soften.

- **Abdomen and Lower Back (30 seconds):**
  - Focus on your abdomen and lower back.
  - Sense your breath moving in this area.
  - Release stress and let these muscles relax with each exhale.
- **Chest and Upper Back (30 seconds):**
  - Direct your attention to your chest and upper back.
  - Feel the expansion of your chest as you breathe in.
  - Let go of any tightness as you breathe out.
- **Shoulders and Arms (30 seconds):**
  - Bring awareness to your shoulders and arms.
  - Notice how they feel, whether heavy or light.
  - Allow your shoulders to drop and relax with each breath.
- **Neck and Head (30 seconds):**
  - Focus on your neck and head.
  - Observe any sensations in your neck, jaw, and scalp.
  - Exhale any tension, letting these areas become relaxed.

#### **4. Full Body Awareness (1 minute):**

- Take a moment to scan your entire body from head to toe.
- Notice how your body feels as a whole.
- Continue to breathe deeply and slowly.
- With each exhale, let go of any remaining tension, feeling a sense of calm and relaxation.

#### **5. Closing (30 seconds):**

- Gradually bring your awareness back to your surroundings.
- Wiggle your fingers and toes, gently stretching if needed.
- Open your eyes when you feel ready.