



November 1, 2023

Ground Yourself with a Body Scan

It is already November 1! That came fast, and I am hearing that Principals and Vice-Principals have had a very busy start-up. Our hope is that most of you are now settling into your routines, and taking care of your well-being with intent.

To help you get there, I invite you to find a few minutes today to simply pause, find a quiet place with no interruptions, and feel calm. A great way to do that is through a body scan, which helps you ground yourself.

The stress and pressure of 'Go Go Go!' impacts our mental and emotional state, and even our physical well-being. Tension, pain – such as headaches – and even stomach unrest are just a few of the stress-related consequences we may experience. Practicing a body scan can be effective in allowing us to calm our minds, and check in with our bodies.

According to [HeadSpace](#) (a leading meditation app) there are three key benefits of body scan mindfulness:

1. Reducing stress

One of the primary benefits of body scan meditation is reducing stress and tension, and positive physical benefits include reduced inflammation, anxiety, and insomnia. Regular mindfulness body scans can train your mind to respond more effectively to stress.

2. Grounding

A body scan meditation can help to connect and balance our minds and bodies by removing much of the noise in our mind, and returning the focus to the present. Regularly checking in with our bodies can help us identify aches and pains early on, before they become too serious.

3. Increasing self-compassion

Often during body scan meditation, we may notice something that feels bad in our bodies, or we may become frustrated when we notice our minds wandering. Regular practice can help us approach these situations with gentleness and acceptance; eventually, we learn how to approach situations in our everyday lives with the same compassion.

Calm, another top meditation app, provides this 3.5-minute body scan to help centre and ground you, even when you are short on time. This body scan was part of their [Calm Challenge, Day 5 on YouTube](#).

You can find many different body scans on YouTube. [Here is a 5-minute body scan](#) from Headspace, if you wish to dedicate more time.

November arrived quickly, yet we still have some weeks to go before the winter break. Make time for yourself – 3.5 minutes, in fact – to pause, breathe deeply, and connect your mind and body in a relaxing, compassionate way.

A handwritten signature in black ink, appearing to read 'R. Morandini', with a stylized flourish at the end.

Rochelle Morandini

Member Health & Well-Being, Director

If you would like to contribute or have ideas about what you would like to see in the ReFresh series, we would love to hear from you: contact rochelle@bcpvpa.bc.ca.