

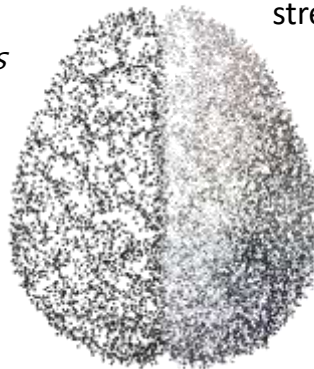
The Body Scan

Cortisol is one of several biological measures of psychological stress. Psychological stress occurs when the demands of our lives are greater than what we feel we can manage. The body scan practice can reduce your mental and physical stress levels.

How to do it and what it does: The body scan can be performed while lying down, sitting or in other postures. This exercise asks you to systematically focus your attention on different parts of your body, from your feet to the muscles in your face. It is designed to help you develop a mindful awareness of your bodily sensations, and to relieve tension wherever it is found.

"Mindfulness is about being fully awake in our lives. It is about perceiving the exquisite vividness immediate access to our own powerful inner resources for insight, transformation, and healing."

-Jon Kabat-Zinn



Want to know more?

Research has found that this mindfulness practice can help reduce stress, improve wellbeing, and decrease aches and pains.

Participants who have attended the Mindfulness-Based Stress Reduction (MBSR) course – both in the Forest Service and outside – have shown increases in mindfulness and well-being at the end of 8 weeks and decreases in stress and systems of mental illness.

Want to give it a shot?

12 Minute – Guided Break

The Fire in Your Belly and Heart

18 Minute – Guided Break (The Body Scan)



Resources

Work Environment & Performance Office Resilience & Personal Effectiveness SharePoint Site (Forest Service access only)

<https://usdagcc.sharepoint.com/sites/fs-cr-mhw>