



## Character Strengths: Guided Meditations

### Lesson 2: Body scan on the floor

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We can lie on our backs on the floor and rest our hands on our tummies. We gently close our eyes, and bring our attention to our breath. Now let's tune into our breath for ten breaths. (In/out x 10).

Now imagine yourself stretched out on an airbed which is floating gently on the sea or in a swimming pool. Feel how relaxed you are becoming. Bring your attention to your feet. Imagine your feet becoming warm and relaxed. Now imagine this warm feeling of relaxation spreading up to your legs. Your legs are becoming warm and relaxed. Let's spread this warm feeling of relaxation into your tummy. Feel your tummy becoming soft and relaxed. Notice your tummy going up and down as the air goes in and out... in/out x 10. Now the feeling of warmth and relaxation is spreading to your chest. Bring the warmth now to your shoulders and down your arms. Bring your attention now to your hands. Our hands are so busy all day, so let's give them this chance to relax now.

Now let's relax our necks and faces. Feel your face becoming warm and allow all the muscles in your face to relax. Now relax your scalp, feel it becoming warm and relaxed. Imagine that the sun is shining gently down and bathing your whole body in its warmth and light.

Now feel your whole body relaxed as if you were floating gently on the water. You can imagine any worries you have just floating away from your mind as you relax. Just enjoy this feeling of peace and relaxation. If you find your mind becoming busy or distracted, bring your attention back to your breathing. You can say the words 'gently floating' to yourself if you like to help you to keep your attention on the feeling of relaxation. You might feel calm, peaceful and happy.

Feel yourself relaxed and floating now for a few moments.

*(Pause for around 30 seconds, or more).*

Now it's time to gently open your eyes and bring your attention back into the room. Take a minute to do this and gently stretch your arms and legs as you do so. When you are ready, bring yourself up to a sitting position and then stand up slowly and carefully. Stay standing for a moment, and be aware of your feet connected to the earth. Then walk slowly and carefully back to your place. Remember you can do this body scan whenever you want to feel relaxed. Maybe try it to help you go to sleep!