



Empower Your Mind with Counselling

Explore your thoughts in a safe, affirming space.

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Body Scan for Grounding

A complete body reset to return to the present

Find a comfortable place to lie down or sit. Close your eyes if that feels safe.

Start at the **top of your head** and slowly move your awareness down through your body.

Notice your **forehead, jaw, shoulders**, all the way down to your **hands, hips, knees, and feet**.

At each point, pause.

Ask: *What sensations are here?*

Is there warmth, tension, pulsing, or stillness?

If your mind drifts, gently bring it back to where you left off.

This isn't about relaxing perfectly—it's about noticing.

End with a full, deep breath into the whole body.

Disclaimer:

These practices are intended to support your well-being, but they may not be right for everyone at all times. If at any point something feels overwhelming, unsafe, or "off" for you, please stop. Gently return to something that feels familiar and grounding, such as having a warm drink, wrapping yourself in a blanket, talking to a trusted person, or simply taking a moment to notice your surroundings. You know yourself best. Trust that.