

Reset Practice: Center Yourself with a Body Scan

Sometimes the fastest way to reconnect with clarity is to get back into our body. This quick body scan practice helps us shift from reactivity to intentional presence. It's simple, grounding, and can be done in just a few minutes—anywhere, anytime.

Use this whenever you feel uncentered, reactive, or disconnected.

How to Do a 3-Minute Body Scan

- ◆ Find a quiet spot. Sit or stand comfortably. You can close your eyes or keep them softly focused.
- ◆ Take 3 slow, deep breaths. In through the nose, out through the mouth. Let your shoulders drop.
- ◆ Bring your attention to the top of your head. Notice any sensations — tension, warmth, coolness.
- ◆ Gently move your attention down — forehead, eyes, jaw... then neck, shoulders, arms, chest, belly.
- ◆ Continue scanning down through your hips, legs, knees, ankles, and feet.
- ◆ At each point, notice: What's present? Tension? Ease? Nothing at all? No need to fix anything — just observe.
- ◆ Finish with 3 grounding breaths. Ask yourself: 'What do I need right now to feel a little more centered?'

Want to Go Deeper?

After your scan, reflect on one of the following questions:

- What emotions or thoughts surfaced during the scan?
- What felt tight or tense — and what might that be signaling?
- How might I show up differently if I lead from a more grounded place today?

Small resets can lead to big shifts. Centering ourselves before we act helps us lead from clarity, not chaos.

— Brian Crewe | Executive & Team Coach | [Aligned Impact™](#)

These practices are among the tools I often share in my coaching practice. If exploring more leadership tools or additional support feels helpful right now, you can find more at www.change-in-

process.com or simply reach out – I'd be glad to support you further.