Body Scan Exercise: Be the Observer

Be the observer. Over thinking is a bad habit we all have at times, and it can increase your stress and anxiety levels. This usually happens when an unwanted thought pops in our head and we over think the situation. By doing a body scan, you can escape the vicious cycle of replaying the negative thought over and over again and can help you break free from overthinking.

Instead of engaging with the negative thought, take a step back and play the role of observer, the one who has no emotional attachment to any passing thought. Notice an incoming thought but don't interfere with it. To Practice observing your thoughts, follow the instructions below:

- **Close your eyes and take three deep breaths**
- **Imagine that you have gained exclusive access into your mind. Find a comfortable place to sit where you can observe your passing thoughts.**
- **Patiently wait for a thought to enter your mind. Don't feel pressure if minutes go by without noticing any thoughts.**
- **When a thought enters your mind, notice what kind of thought it is. Is it a pleasant or unpleasant thought? Urgent or non-urgent thought? A soothing or stressful thought?**
- **After observing what kind of thought it is, gently say to yourself, "I am experiencing a pleasant/unpleasant thought"- depending on what it is.**
- **Now that you have acknowledge what kind of thought you are experiencing, don't look any deeper into it. Simply allow the thought to roam in your mind until it naturally goes away.**
- **Shift your attention to another thought that has entered your mind and repeat the same steps.**

How did you find the exercise? Record your experience below:

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