

Mindfulness Body Scan – Reflection & Integration

This worksheet is here to help you recall and deepen your experience, noticing what arises in body, mind, and spirit.

What did you notice during the practice?

Sensations: _____

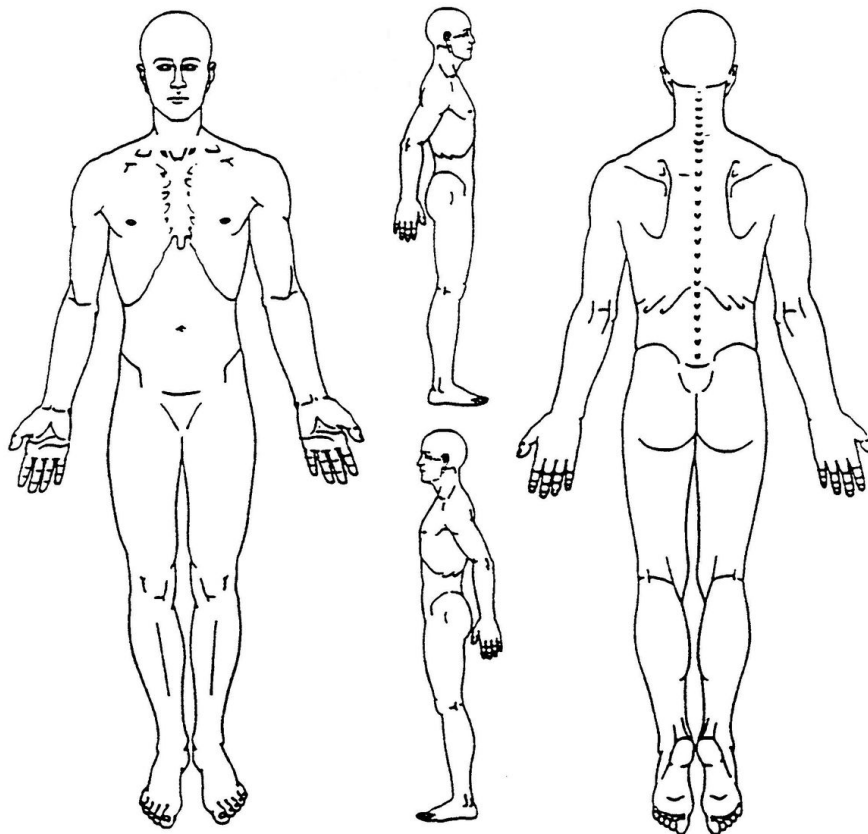
Emotions: _____

Thoughts or images: _____

Colors or symbols: _____

Body Awareness Map

Use the outline below to mark areas where you noticed strong sensations, ease, tension, warmth, or imagery. You may use words, colors, or symbols.



Which element(s) felt most supportive for you today? How is it helpful?

- ☐ Earth (rooted, grounded) _____
- ☐ Water (wave breath, flow) _____
- ☐ Air (lightness, spaciousness) _____
- ☐ Fire (sun, radiance, warmth) _____

Integration Prompt

What is one small way you'd like to bring this feeling into your day?

Mindfulness-Based Stress Reduction (MBSR)

Mindfulness-Based Stress Reduction (MBSR) is a well-researched approach developed by Dr. Jon Kabat-Zinn to help people reduce stress, improve focus, and feel more present in daily life. One of the core practices is the **body scan**—a guided way of bringing gentle, non-judgmental awareness to different areas of the body.

The science behind it:

- Studies show that practicing body scans and other MBSR exercises can **lower cortisol (stress hormone) levels, calm the nervous system, and improve sleep and mood.**
- Neuroscience research shows that mindfulness practices like the body scan can **rewire the brain**, strengthening areas linked to emotional regulation and resilience while quieting the parts linked to rumination and anxiety.
- Regular practice has been shown to **reduce chronic pain, anxiety, and depression symptoms** by shifting the body from “fight or flight” into a state of rest, repair, and connection.

Just like exercise trains your muscles, mindfulness trains your brain and body to respond differently to stress. With consistency, you may notice:

- Greater sense of peace, calm, and balance in daily life
- A deeper sense of connection to your body
- Increased capacity to pause and respond instead of react

Even a short body scan—just a few minutes—done regularly can create lasting changes in your well-being.