To rebalance your perspective on your body, try a self-compassionate body scan. Wear comfortable clothing and lie down on a supportive surface such as a bed or yoga mat. Take a few embodied breaths, focusing on the feeling of the breath entering and leaving the body. Bring the following statements to mind as you do your body scan:

**My body is doing its best.**

**My body does not want me to suffer.**


**Shins, calves.** Skin texture and hair. Bones, ligaments, tendons, blood vessels. Muscles that carry me.


**Buttocks.** Skin, fat, muscle. Cushioning, supporting, protecting.


**Torso, chest.** Skin, bones, ligaments, fat. Tiny muscles stretch and support. Ribs that protect. Heart, lungs. Breasts that grow and change over time.

**Back.** Bones, skin, muscle, fat. Freckles, skin tags, bacne. Spine, vertebrae, nerves, sensory receiver, accommodator, shock absorber, workhorse, pain meter.

**Arms.** Upper arms, forearms, hands, fingers, nails. Skin, hair, fat, bones, ligaments, tendons. Biceps and triceps. Shoulders, underarms, nerves, and muscles. Connection.


**Face.** Skin, oily, ashy, dry. Acne, scars. Bones, hair, fat, muscles. Eyes, nose, mouth, eyebrows, eyelashes, ears.

**Cheeks, chin, forehead.** Connection, expression, communication.

**Head.** Hair, color, texture, thick/thin, skull. Protection, perception, learning, change, connection. Home to the senses.

Close your self-compassionate body scan with a few more embodied breaths.

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Adapted from the forthcoming book, *Eat to Love: A Mindful Guide to Transforming Your Relationship with Food, Body, and Life*

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