

PEPPER TIME 12: BODY SCAN

Timing: 5–10 minutes, once a day for a week.

What you'll need: A chair or a quiet place to sit, bare feet on the floor if possible, and your journal. Phone off, arms and legs uncrossed.

What it's about: Rebuilding the connection between mind and body. Learning to listen to subtle signals before they scream as symptoms.

How to do it:

1. Get settled. Sit upright, arms and legs uncrossed, hands resting in your lap, feet flat on the floor. Close your eyes.
2. Breathe. Take five slow breaths: inhale through your nose for 4 counts, exhale through your mouth for 6 counts. Feel oxygen enliven your body as you inhale and tension leave as you exhale.
3. Feel your base. Notice the weight of your body in the chair—the contact points of legs, bottom, and back. Sense gravity holding you.
4. Scan from feet to head. Move your attention slowly upward, pausing at each area: Feet & legs: Notice pressure, warmth, tingling, heaviness or lightness. Ask: Tension, discomfort, or ease?
 - Stomach & torso: If tight, let it soften; feel your breath expand and release.
 - Hands & arms: Notice if your hands are clenched; soften each finger.
 - Shoulders & back: Let them drop naturally; feel where tension sits.
 - Neck, jaw & face: Loosen your jaw, let your tongue rest, soften your eyes.
 - Crown of the head: Imagine a line from the top of your head down through your spine, connecting your whole body.
5. Integrate. When you've scanned each area, expand your awareness to sense your whole body as one unified, breathing system. Take three deep, slow breaths, then open your eyes when ready.
6. Reflect. Jot down any sensations or patterns you noticed.

What to expect: At first, you'll catch only the loud signals—tight shoulders, heavy fatigue, gravity pulling you down. With practice, subtler cues emerge: a stomach that clenches in stress, a jaw that tenses in certain conversations, a chest that feels lighter with certain people. Over time, your body becomes an early warning system, guiding daily choices and major decisions. Listen early, conserve energy, and prevent burnout—the body whispers before it shouts.

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