



Introduction to SCAN. 10 seconds and one minute practice

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Still, Chill, Aware, Now

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What is SCAN

SCAN is not just an acronym - it was born in spirit and based in science.

S – Still

C – Chill

A – Aware

N – Now

The word “scan” means to look over something quickly or to observe carefully. The beauty of this lies in the dual significance:

- The literal meaning of “scan” - to look quickly or observe carefully - aligns beautifully with mindfulness.
- The acronym meaning - *Still, Chill, Aware, Now* - reinforces that same idea in a memorable, reflective way.
- So “SCAN” becomes both a word and a mnemonic tool - a backronym that invites people to pause and *scan* their internal and external world with awareness and calm.

It is easy to remember, easy to practice anywhere, and deeply human. No special posture or ritual required - just your attention, your body, your kindness.

S - Still: Pause and ground in body and breath.

C - Chill: Soften and allow what’s present.

A - Aware: Notice with curiosity and care.

N - Now: Nurture yourself and return to presence.

You can do SCAN in seconds or hours.

You can whisper it silently in traffic, during a meeting, or before sleep.

It is less about meditating perfectly and more about coming home - over and over again.

The Shape of Awareness

Before we explore each step, imagine SCAN as a gentle spiral - not a ladder you climb, but a circle that keeps bringing you home.

You might begin with **Still**, feeling your feet and your breath.

From there, you **Chill**, softening into acceptance.

Then, **Aware** opens naturally - you begin to notice what's alive inside and around you.

Finally, **Now** arrives - the moment when you feel connected, present, at ease.

And then, you spiral back again.

Each time you return, the circle widens, holding a little more compassion, a little more understanding.

Micro SCAN

- Let's begin.
- Take a comfortable seat or stand where you are.
- Loosen your jaw.
- Soften the shoulders.
- Let the breath move naturally.
- Whisper inwardly SCAN

Now, slowly follow the steps:

1.Still

- Take one slow, steady in-breath and one long, gentle out-breath. (If you can take the inward breath through your nose and out through the mouth).
- Feel the ground supporting you.
- Sense the air entering and leaving the body.

2.Chill

- Whisper inwardly, "Let be."
- No fixing, no pushing away.
- Let the sounds, sensations, and thoughts move through the field of awareness.

3.Aware

- Notice what stands out.
 - Perhaps warmth, coolness, a sound, a thought, or a mood.
 - Name it softly: "Calm." "Tight." "Open." "Restless."
 - Whatever it is, it is welcome.

4.Now

- Place a hand on your heart or belly.
- Offer one kind phrase to yourself:
 - "I'm here."
 - "It is okay."
 - "May I meet this moment with kindness."
- Take another easy breath.

Notice how even a single minute of awareness changes the atmosphere inside you.

A One-Minute SCAN

We will bring mindfulness and kindness to something that feels difficult. Go at your own pace, eyes open or closed.

S - Still (Pause. Feel the body sitting or lying.)

- Let attention rest on the natural movement of the breath.
- Imagine the in-breath gently inflating you like a soft balloon - receiving.
- Sense the out-breath as release - letting go.
- Notice anywhere that's ready to soften: shoulders, hands, jaw, the space around the heart. Keep returning to the breath.

C - Chill (soften and allow)

- Pick a manageable moment that carries some charge - not overwhelming.
- Bring the scene to mind like a single movie frame at the point you feel most reactive.
- Whisper: "This is here." "It is okay to feel this." Let the experience be just as it is, without fixing.
- If thoughts surge, note "thinking," and gently relax back into the breath.

A - Aware (curious, compassionate noticing)

- Ask: What most wants attention? Where do I feel this in my body?
- Name what's present with a simple word or two: anger, hurt, tight, frozen, anxious.
- Sense any beliefs riding along: I'm failing... I'm not lovable... I'm disrespected.
- Feel how this lives in the body - chest, belly, throat. If it helps, let your face/body briefly mirror the feeling to contact it fully.
- Meet the vulnerable place and ask: How do you want me to be with you? What do you need right now?
- Place a hand on your heart or belly. Let warmth and steadiness meet what's here.

N - Now (nurture + next wise step in this moment)

- Offer the words this part most needs: I'm here. I care. You belong. I'm not leaving.
- Imagine receiving support - from your own wise heart, a trusted figure, or a field of kindness - flowing into the tender spot.
- Breathe it in; on the exhale, let the body absorb it.
- Ask: What's the kind, doable next step now? It might be to keep breathing, put a hand to the heart, take a sip of water, send a message, or simply rest.
- Let everything widen. Feel yourself here, now. Notice any shift - more space, softness, or steadiness - and bow to whatever is present.

Close Return to the breath. Feel the contact points of your body. When you are ready, open your eyes or lift your gaze.