

*How to do a*

# *Body Scan*

- Find a comfortable spot where you won't be disturbed.
- Focus on your breath. How are you breathing right now - fast and shallow or deep and full? Draw in a purposeful breath through your nose and fill up your lungs. Hold for 3 seconds, then slowly release through your mouth.
- Starting with your feet and working upwards, bring your attention to each your body parts. Spend a few seconds noticing sensations, pain or stiffness. If possible, tense or wiggle the body parts. Notice the difference between how a tense or moving body part feels compared to a relaxed or still body part.
- If you start to lose focus or intrusive thoughts start to enter your mind (the "chattering monkey"), acknowledge this experience and go back to focusing on your body parts.
- Remember to breath in through your nose, hold, then out through your mouth. Imagine the tension leaving each of your body parts with each out breath.