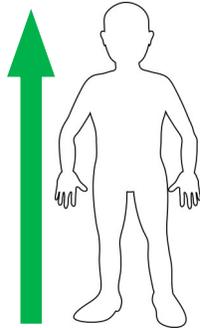


BODY SCAN

Go
from
Toe to
Head



Toes	Wrists
Arches of feet	Elbows
Heels	Biceps
Ankles	Triceps
Calves	Shoulders
Shins	Neck
Thighs	Throat
Buttocks	Jaw
Lower back	Tongue
Hips	Lips
Abdomen	Cheeks
Chest	Eyes
Fingers	Forehead
Palms	Scalp

Body Scanning is a method for increasing awareness of and **passively releasing** muscle tension and discomfort throughout the body. Excess muscle tension can contribute to muscle pain, headaches and fatigue. Body scanning helps to develop an **awareness of your inner environment** to help relieve and ultimately prevent the build-up of tension. A complete scan is helpful to achieve a deep state of **relaxation and comfort**. You can also quickly scan for a few seconds specific areas where you tend to hold tension, which can be done sitting, standing, or walking.

Technique:

1. Assume a comfortable position sitting or lying down.
2. Close your eyes.
3. Start with your toes and focus on any sensations of discomfort you may become aware of. Notice sensations such as stinging, aching, throbbing, burning, or tingling.
4. Take a deep breath in through your nose, and as you slowly release that breath through your mouth, imagine releasing the uncomfortable sensation into the air at the same time. Allow that area of the body to loosen up, become soft, and relaxed.
5. Repeat, moving progressively up your body focusing on each muscle group one at a time.

Try it at night

- Release tension that has accumulated in your body during the day.
- You will sleep more comfortably with a relaxed body.

Or in the morning

- Especially if you anticipate that the day is going to be a stressful one.
- Start your day with a relaxed body to help your body cope better.

Try doing a quick body scan throughout the day.

More Information: Body Scan Podcast: <http://www.belleabramson.com/2011/03/podcast-body-scan/>

YouTube 10 min Body Scan: <https://www.youtube.com/watch?v=obYJRMgrqOU&t=30s>

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