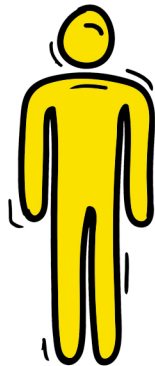
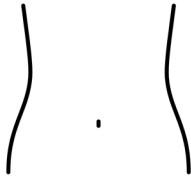


Body Scan

Mindfulness Relaxation - Whole body

Sit or lay down comfortably. Tighten each of the following for 3 seconds, then relax. Move on to the next body part until you have worked your way through your whole body.



- Eyes and Forehead

- Mouth and Neck

- Hunch your shoulders up

- Upper arms

- Lower arms and fists

- Tummy - push out

- Tummy - pull in

- Tense bottom muscles

- Upper thighs and knees

- Lower Legs

- Relax your whole body

