

Mindful Body Scan

- 1) Lay comfortably on your back
- 2) Close your eyes
- 3) Tense up all your muscles from head to toe
- 4) Hold for 15 seconds
- 5) Think about how your body feels when it is tensed up
- 6) Release all your muscles and relax
- 7) Think about how your body feels when it is relaxed
- 8) Repeat!

