



Body Scan

1



Step One

Find a place to sit comfortably and close your eyes. Take a deep breath and exhale. Start to mentally scan your body, starting from the top of your head and notice if there are any areas where you feel tension.

2



Step Two

Scan your body all the way down through your calves and the tips of your toes. What do you notice? Any sensations, stiffness, or tight knots?

3



Step Three

Keep your eyes closed and imagine that you are drinking a glass of water or eating a piece of fruit. When we have anxiety our mouth becomes dry. When we drink water, we make saliva which turns on our digestive system and helps us to relax.

How it Helps



Helps Us Reduce Stress



Helps Relax



Helps Us Breathe Deeply



Helps Us Feel Calm