



# Body Scan

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## 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.

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## 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?

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## 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