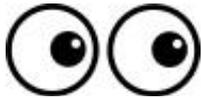


Body Scan

Relaxation – Whole Body

Sit or lie down comfortably. Start with tightening each of the following for 4 seconds, then relaxing:

- Eyes and forehead 

- Mouth and neck 

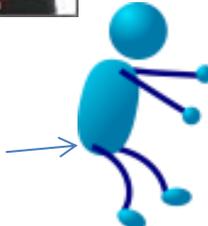
- Hunch your shoulders up 

- 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 