



## Body Scan to Relax: INSTRUCTIONS 2b

- You can relax your muscle groups by focusing on them and letting go of tension. We will relax your muscles from top to toe.

1 <sup>st</sup> column	2nd column
<p><b>Ready....</b> Just sit back and relax into your chair. Find a comfortable position, feet on the floor, arms in your lap Take a deep breath in..... And let it out slowly..... relaxing your whole body Bring your attention to the top of your head Notice your scalp muscles Release any tension as you breathe out</p> <p><b><i>Breathing out..... is letting go</i></b></p> <p>Notice your eyebrow and eyelid muscles Release any tension as you breathe out Notice your cheek and jaw muscles Release any tension as you breathe out Move down to the neck muscles Release any tension as you breathe out Let your shoulders droop Relax into the chair Notice your upper arms.... relax them Notice your forearms.... relax them Now your hands and fingers Relaxing into your lap Notice your upper back and upper chest Release and breathe out</p>	<p>Notice your lower back and tummy Release any tension Relax into the chair Moving down to your thighs Letting go on any tension Down to the calves Down to the feet and toes Letting the legs soft and settle Your whole body relaxing Relaxing in your chair Breathe now at your own pace Relaxing in your chair Now take a moment to scan through your body Noticing any areas of tension or discomfort Release the tension as you breathe out Release the tension as you relax Take one last deep breath in... And release..... Letting your whole body relax and settle  Wiggle your fingers and toes to re-energise Continue now..... feeling more refreshed</p>