Body scanning is a technique for increasing awareness of muscle tension carried in the body. Tension is passively released as attention is directed to various muscle groups. Body scanning develops an awareness of the physical symptoms of stress and helps the body achieve a state of relaxation and comfort. With practice, you can more readily recognize when and where your body is carrying tension and differentiate between a relaxed verses stressed state.

**DIRECTIONS**

Sit or lie down comfortably in a chair. Focus your attention beginning with your toes. Notice any sensations of discomfort. Take a slow breath in through your nose. As you slowly release the breath, imagine releasing any tension being held in this area. Allow that area of your body to become loose, soft, and relaxed. Repeat this process as you focus on each muscle as you progress slowly to your head. Breathe relaxation in, breathe tension out.