

Body Scan

- Pay attention to your whole body starting at your toes and work your way up.
- You might feel aches, pains or tired muscles. Continue to focus on your body and not on the world around you.
 - Have a calming image to look at near you.
 - Follow a script or listen to a script.
- If worries come into your mind acknowledge them and then let them go.
 - Example of a script can be found in the link below:
 - <https://www.youtube.com/watch?v=QS2yDmWk0vs>