

## **Body Scan script**

Please read the script below to practice the Body Scan technique for relaxation. Alternatively, you can listen to a spoken version here: <https://soundcloud.com/kyoh-1/relaxation-2>

When you are ready, let's begin by focusing on your breathing. At the moment, just being aware of the cooler air when you breathe in... and the slightly warmer air as you breathe out.

Breathing in cooler air, and breathing out slightly warmer air. If your mind wanders off, just note what distracted you and bring your attention back to your breathing.

And as your breathing settles into a nice slow rhythm... your abdomen gently rising and falling with each breath, allowing any thoughts to drift in and out of your mind, just letting your thoughts gather... and drift on by... like clouds in the sky... And now... for the next 5 out-breaths, each time you breathe out... think to yourself... I'm feeling more relaxed... with each out-breath... I'm feeling more relaxed... and allow your body to respond to that. With each out-breath, allowing your body to sink down into the chair, or down into the floor...

And now scanning your body for any signs of tension... starting with your head. Allowing your forehead and the space between your eyebrows to become smooth and still... letting your eyes rest behind softly closed eyelids. If you want to, you can raise your eyebrows as you breathe in... and let them go as you breathe out. Feel your brow becoming soft and calm. And thinking about your jaw, your mouth... allowing your lips and your teeth to part slightly, being aware of the space in your mouth. And now scanning your neck and your shoulders, letting your shoulders drop like a rag doll, allowing any tension from your neck and shoulders to trickle down your arms and out of the ends of your fingertips...

And scanning your waist... lower back... and hips, allowing all the tension to trickle down and out of your feet... just allowing any tension to trickle down and out of the end of your toes. And for the next 5 out-breaths, each time you breathe out, think to yourself... I'm feeling more relaxed... with each out breath... I'm feeling more relaxed. And now focusing on the centre of your body... above your stomach and just below your rib cage. Notice the warmth right in the centre of your body. And now each time you breathe out, with each out breath allow that warmth to spread slowly outwards... with each out breath allow the warmth to spread out to your arms and your hands... feel the warmth spreading down to your legs and to your feet... feel the warmth spread up to your shoulders... your neck and your face.

And now imagine you are in a warm place... somewhere you feel safe and peaceful, a place where you would love to be right now... perhaps on a beautiful beach... or inside by a crackling log fire... visualise this place and build the scene around you as if you were there right now. Notice the colours... the texture... the sounds you can hear. Allow the feelings of warmth and peace wash over you. Feeling the warmth on your hands, and your feet, and your face... and spend a few minutes relaxing in this beautiful safe, peaceful place.

And now when you are ready, start to focus on your breathing again. And notice that with each in-breath, each time you breathe in... you are feeling brighter, more alert, with each in breath, more aware of your surrounds and more aware of being back in the room... and counting your next 5 in breaths, more alert with each in breath... and on your 5th in breath, open your eyes feeling refreshed and alert.