



ONE-MINUTE BODY SCAN



One of the best ways of learning how to recognize bodily tension is to create that tension on your own and see what it feels like. Try this simple one-minute scanning exercise.

With your eyes closed, scan your body for any muscle tension. Start with the top of your head, and work your way down to your toes. Ask yourself:

Is my brow furrowed?

Are my eyebrows knitted?

Is my jaw clenched?

Are my lips pursed?

Are my shoulders hunched?

Are my arms tensed?

Are my thigh and calf muscles tight?

Are my toes curled?

Do I notice any discomfort anywhere else in my body?