

## Body Scan Checklist

### Releasing tension in the body Relaxed body – Relaxed mind

How do you know that you are relaxed in your body? Listed below are the areas of your body where you can usually feel some tension or muscle tightness. Complete the checklist before and after the body scan exercise. Take notice of which parts of your body feel different, perhaps feeling heavier or more relaxed. Do this as many times as you want. Learn again what it feels like to be completely relaxed.

Areas of Tension	<input checked="" type="checkbox"/>	Body Scan Instructions
Forehead	<input type="checkbox"/>	<i>First, sit comfortably and shake your body loose, releasing any obvious tension. If you like, you can close your eyes or lower your gaze, whichever option is more comfortable for you.</i>
Top of the head	<input type="checkbox"/>	
Back of the head	<input type="checkbox"/>	
Jaws	<input type="checkbox"/>	<i>Take a couple of deep breaths and let go of any tensions completely as you breathe out... Now pay attention to your:</i>
Cheeks	<input type="checkbox"/>	
Mouth and Tongue	<input type="checkbox"/>	
Muscles around your eyes	<input type="checkbox"/>	<b>Scalp and forehead</b> (notice tingling, pulsing, pressure...) Stay with these sensations for a moment before moving to your...
Back of the neck	<input type="checkbox"/>	
Side of the neck	<input type="checkbox"/>	
Throat	<input type="checkbox"/>	<b>Face and lower part of the head</b> (soften your <b>eyes</b> , let your <b>mouth</b> and <b>jaw</b> go slack)... And then your...
Shoulders	<input type="checkbox"/>	
Forearms	<input type="checkbox"/>	
Arms	<input type="checkbox"/>	<b>Neck, throat, shoulders, arms and hands</b> (like stroking or massaging your body with your mind)... And now pay attention to your...
Hands	<input type="checkbox"/>	
Palms	<input type="checkbox"/>	
Fingers	<input type="checkbox"/>	
Sides	<input type="checkbox"/>	
Lower back	<input type="checkbox"/>	<b>Chest and upper back</b> (feel the lungs expand and contract)... And next your <b>diaphragm</b> and <b>solar plexus</b> (feel the movement of your lower ribs)... Now your...
Upper back	<input type="checkbox"/>	
Chest	<input type="checkbox"/>	
Stomach	<input type="checkbox"/>	<b>Belly and lower back</b> (feel the soft organs move slightly as you breathe)... Then your...
Buttock	<input type="checkbox"/>	
Thighs	<input type="checkbox"/>	
Calves	<input type="checkbox"/>	<b>Hips, legs and feet</b> (feel or imagine the breath dropping through your body) And now pay attention to your body as a whole. Take a couple of deep breaths.
Feet	<input type="checkbox"/>	
Toes	<input type="checkbox"/>	
<b>Sensations in your body:</b>	<input type="checkbox"/>	
Relaxed	<input type="checkbox"/>	
Sluggish / Slack	<input type="checkbox"/>	<i>If your eyes were closed you can gently open your eyes.</i>
Heavy	<input type="checkbox"/>	
Cosy	<input type="checkbox"/>	
Rested	<input type="checkbox"/>	
Tired	<input type="checkbox"/>	
Sleepy	<input type="checkbox"/>	