

Why not... Take a moment out

1. Lie down on the floor. Feel free to put a pillow under your head to help you get more comfortable. If you suffer with lower back pain, you can keep your legs bent, with feet on the floor.
2. Take a deep breath in, and out, closing your eyes. Feel your body press into the floor beneath you.
3. Conduct a body scan down your body, starting at the head, release any tension you find. For example, is your jaw still tense? Imagine the tension in your body melting away. Feel the body getting heavier.
4. Take as long as you like scanning your body and taking this moment for yourself.
5. When you are ready, start bringing feeling back into your body. Wiggle your fingers and toes, move your arms and legs and stretch. Then, turn onto your side into an fetal position before sitting up.
6. Take one more deep breath, open your eyes, and thank yourself for taking a little moment to focus on you.