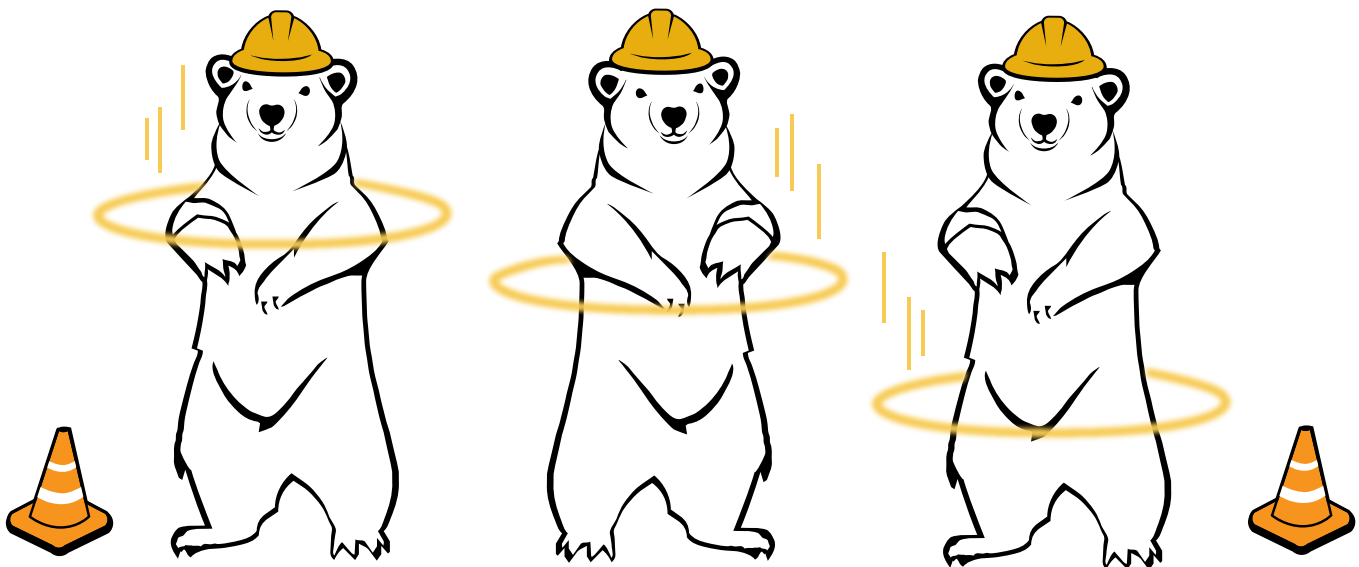




Listen To Yourself— Conduct a Body Scan

We carry our emotions in our body.



1. **Step 1:** Find a quiet space and avoid distractions, and if you feel comfortable close your eyes and slow your breathing.
2. **Step 2:** Start at the top of your head and slow scan your body down to your toes. Notice any tension or pain or where your emotions are stored.
3. **Step 3:** Turn your attention to that part of the body and notice how these sensations come and go.

What is your body trying to tell you?



Scan to find
more Mental
Health Resources.