



Inhale 4 seconds



The Body Scan Method

The body scan method allows you to familiarise yourself with your body, thoughts and feelings as well as centring your attention for a short period of time.

- 1 With your **eyes closed mentally scan your body**, starting at the top of your head and finishing at your toes.
- 2 **Take note of areas that feel tense and those that feel relaxed** as well as areas that feel light, heavy or otherwise uncomfortable.
- 3 **Repeat the scanning process three times.** It should take about 20 seconds each time.
- 4 If you become distracted, return to the last area you scanned and continue on from there

The 4-7-8 Method

Taking deep breaths is a well-known element of meditation that may help to shift your focus when you are feeling particularly stressed or overwhelmed.

As a beginner to meditation, you may like to try the 4-7-8 breathing method, which is not only easy to remember but can also help you to unwind.

- 1 **Breathe in deeply** through your nose for **four seconds**.
- 2 Hold your breath for **seven seconds**.
- 3 Exhale through your nose while pursing your lips for **eight seconds**.
- 4 **Repeat four more times** or until you feel yourself begin to relax.

Progressive Muscle Relaxation

Progressive muscle relaxation is a simple exercise whereby you tense and release all the muscles in your body. This may help you to physically relax from your head to your toes.

- 1 Position yourself comfortably in either a **seated position or by lying flat on your back**.
- 2 Pay attention to the contrast between when your body is tensed and untensed. **Take an inhale breath as you tense** and an **exhale as you relax**.
- 3 Begin to tense each large muscle group for roughly **five seconds, then release**. These muscle groups may include the chest, back, arms, legs, shoulders and calves. A simple way to do this can be to **work from top to bottom, starting with muscle groups higher placed on the body** like your shoulders.
- 4 **Gradually work your way either up or down your body**, rather than tensing all at once.

These Simple Meditation Techniques Can Help You Unwind

Finding an outlet to unwind from it all may help you to stay cool, calm and collected amid life's busiest moments. Why not try your hand at some simple meditation techniques to help you relax after a long day on the go?

