

## Body Scan to Release Stress and Prevent Injuries

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Ever pull a muscle sitting at your desk? Or when you first wake up and get out of bed?

Kind of seems unfair doesn't it, pulling a muscle without even doing anything. In fact, these injuries are due to stress build-up from your work or living environment. Accumulated stress is a growing problem for many people throughout the world.

Balance.point Strategic Services (BPSS) has a simple solution for discharging stress stored in your body: The Selfmastery™ Body Scan.

- The purpose is to release body tension
- The technique is called Selfmastery™ Body Scan
- The results will greatly reduce physical pain and the tendency for injury

Here is the science in a nutshell:

**Bad news:** Through repetitive movement, postures held for long durations, and/or mental and emotional tension, stress will build up in certain areas of the body.

**Good news:** You can quickly release the built up tension, simply by changing your state of mind for a few minutes. The Selfmastery™ Body Scan will pattern your mind to do this effortlessly.

Here is the technique. It will take you a few minutes to learn and even less time to practice.

### **Technique: Selfmastery™ Body Scan**

Sit comfortably in a quiet place where you will not be disturbed for a few minutes.

For this exercise you will be building on the Conscious Breathing skill. If you missed it, please refer to that article here before beginning this exercise.

Perform conscious breathing a few times to center yourself. Next you will release stress from each part of your body. Beginning from the top of your head, perform the following steps:

1. As you inhale, focus on the area you want to release.
2. Hold your breath a few moments and pay attention to the feeling.
3. As you exhale, feel and visualize the tension leaving the area.

Move to the following areas of your body, repeating the three simple steps above:

Head – Neck and shoulders – Chest and arms – Abdomen – Legs and feet

Take one breath in each area. If you have more time you can repeat the exercise to heighten the effect.

Perform the exercise as slowly as comfortable. It is better to do less for a longer time period, than to do more areas too quickly.