

LEAVING WORK AT WORK

# A body scan for the end of the working *day*

A short meditation for the transition between work and home, so the day's tension doesn't travel with you.



1



## Head and face

20 SECONDS

Notice your jaw, forehead and eyes. Soften them without forcing anything.

2



## Shoulders and arms

20 SECONDS

Notice where you're holding tension, and let your shoulders drop if they can.

3



## Chest and torso

20 SECONDS

Notice the rise and fall of your breath here, without changing it.

4



## Legs and feet

20 SECONDS

Notice any tightness right down to your feet, and let it soften where it can.

5



## Three slow breaths

30 SECONDS

Finish with three slow breaths before you move into the rest of your evening.

### WHEN TO USE IT

At your desk before leaving, in the car before going inside, or the first few minutes at home before engaging with family.

### WHY IT HELPS

Noticing where the body is holding tension is often the first step to releasing it, even before you do anything about it.

*This can be done in two minutes or ten, whichever is available.*

— One breath at a time is enough. —

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