

## Quick Tension Scan ~ QTS

The quick tension scan is the perfect relaxation exercise for the office or home when your time is under pressure and the day's troubles are beginning to take their toll on your ability to get things done. You take 30 seconds just to assess your physical tension, let it go and carry on with business. With practise, you will be able to perform a quick scan at any time in any situation; eyes opened or closed, sitting, standing or lying.

### **Focus on Your Breathe / Release Tension as You Exhale.**

Begin the QTS in a sitting position, close your eyes and focus on your breathing cycle. Allow yourself to breath diaphragmatically, easily and naturally. AS you inhale, asses the amount of tension in your face. Check all areas - eyes, forehead, temple, cheeks, jaw, tongue, lips. As you exhale, let the facial muscle relax. With each breathe focus on a different body part, inhale assess the tension and relax it as you exhale.

### **Tension areas to check are:**

- face - forehead, eyes,
- cheeks, jaw, tongue, lips
- shoulders, arms, hands
- chest, back, whole torso
- buttocks
- thighs, legs, feet

**Repeat an Affirmation:**

Let each body part relax and become heavy and warm on the exhalation of each breathe. Repeat these words to yourself a couple of times.

"My body is completely heavy loose and relaxed."

"I am calm and in control."

Slowly open your eyes and while still relaxed and resume your normal activities with a clear mind and a calm body.

From: **Imagine Yourself... Energy Management for Kids**  
*Helping Kids (and Adults) Learn Key Skills for Life!*  
Available at: [www.ResiliencyforLife.com](http://www.ResiliencyforLife.com)

\* **WARNING: Do Not** operate any type of equipment when practicing this exercise.

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