

## TRY THIS MINDFULNESS EXERCISE

### THE BODY SCAN

Pause.

Breathe.

On every exhale, let your body relax. Working from your head to your toes, give focus to each area and invite it to relax. Finish by being aware that your whole body feels soft.

Find out more visit:  
[northumbrianhssstaffwellbeing.co.uk/  
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