**Relaxation 2: Body Scan**

Relaxation

for Women

with Breast Cancer

This link will take you to a relaxation audio designed to help you

through your breast cancer experience

**Relaxation during breast cancer**

Two weeks ago, you learnt the relaxation skill of abdominal breathing. Today you will be introduced to the body scan relaxation. Taking time out each day to relax can help you feel better as you face a breast cancer diagnosis and cope with the challenges of treatment and recovery. This audio link will guide you through the basics of a body scan relaxation, encouraging restfulness, deep breathing and a sense of calm.

The body scan relaxation is a useful tool to ground yourself and bring your awareness to the present. Like abdominal breathing, the body scan can be done anytime throughout the day. Done regularly, these simple, gentle exercises may help you release muscle tension, sleep better, re-energise, focus away from your troubles, and find some inner peace.

This week, focus on becoming familiar with the body scan. Then once you are comfortable with body scan and abdominal breathing, you can use either or both skills whenever you like.

Remember to take time each day to listen to the audio and allow your mind and body to relax.

https://soundcloud.com/cancercouncilnsw/03-track-03-1-1?in=cancercouncilnsw/sets/relaxation-for-people-with-cancer#t=0:00