

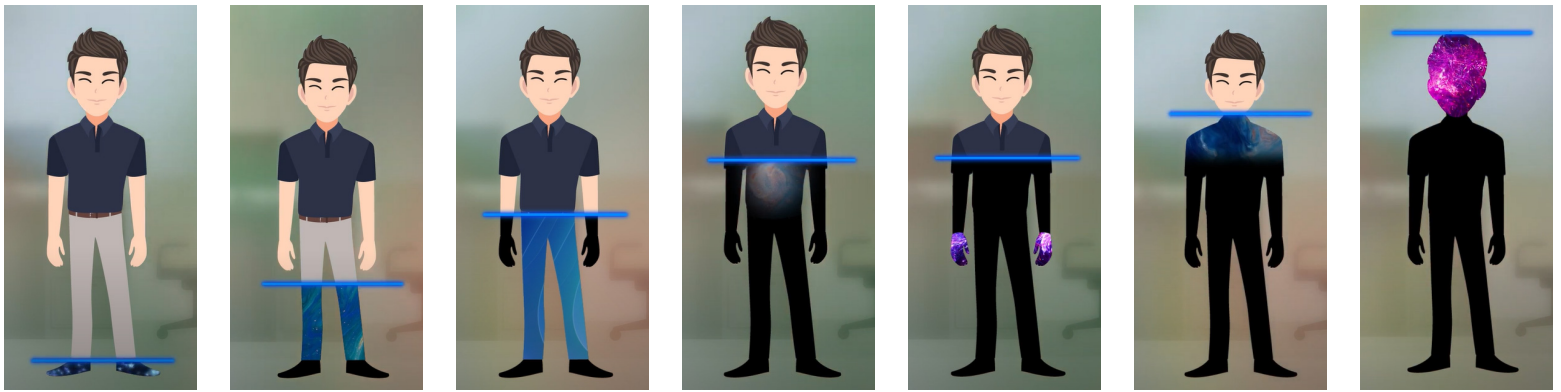
Check in with a Body Scan

A body scan is a quick exercise that helps you check in with yourself by being mindful of your breathing, sensations, and feelings.

Scan to follow along
with a video!



Close your eyes and take a
deep breath.
Notice how your body feels.



Begin with focusing on your feet and slowly work your way up.

What you can scan for:

- Are your muscles stiff, tight, or relaxed?
- Does your body feel light or heavy?
- Any tingling sensation?
- Are parts of your body warm or cold?
- Any pain, soreness, or achiness?
- Do you feel full, hungry, or thirsty?

Becoming aware of what's going on in your body may help you relieve tension and unwind.

If you've tried healthy coping strategies and still feel overwhelmed, ask for help. If you or someone you know is struggling or in crisis, help is available. **Call or text 988 or chat 988lifeline.org.**

Visit **SDBehavioralHealth.gov** for behavioral health resource information.