



Module: The body scan

Summary and action plan

Summary

In this lesson, we learned that:

- Tension is one of many factors that can contribute to the experience of pain.
- The outbreath can be used to release tension from your body, and reduce the experience of pain.

Action Plan

Let's practice and hone the skills you have learnt! Empower yourself by completing the following tasks:

- **Once every couple of hours, quickly check if you have any tension in your face or body.**
 - Reflect on what kinds of events tend to trigger tension in your body.
 - Really try to notice and savour the release of tension from your body as you breath out.