



# Relieving Fatigue

## The Mental Massage

- Close your eyes. Allow yourself to feel your body.
- Notice stress in an area that is particularly uncomfortable.
- Feel the discomfort or tightness or tension there. Feel it without imposing any judgment, letting go of the tendency to want to change it. Simply feel it.
- Now scan your body for tension or discomfort in another place. Feel it. Again, don't judge it or yourself. Don't try to change it. Simply feel it.
- Scan for another area of discomfort. Keep scanning in this fashion for a few moments more, until you have uncovered most of the tension in your body.
- Now see if you can feel your body as a whole. How does your whole body feel?
- Imagine for a moment that your body is neutral and that there is an emotional body that can be felt through the physical body.
- What is the predominant emotion that emerges? Feel it without imposing any judgment, letting go of the tendency to want to change it. Simply feel how it feels with curiosity.
- Gradually, allow yourself to relax into the feeling. Let the sensation come to the surface. Simply be with whatever you feel.
- When you are ready, open your eyes. Look around the room and take in the colors and shapes of what you see.
- Be present in a fresh, alert way.