Close your eyes and take a deep breath in, and let it out slowly. And concentrate on your breathing for a few moments. Feeling the gentle rise and fall of your breath on the inhale and the exhale. And now bringing your attention to your left hand and arm, and seeing if you notice any tension there, and letting it relax away. And then shifting your attention to your right hand and arm, and just noticing any tension there, and letting it ease away. And now bringing your attention to your left leg and left foot, and relaxing away any tension in your left leg and foot. And now moving your attention to your right leg and foot, and easing away any tension in your right leg and foot. And letting your attention move to your shoulders and back, and letting any tension drain from your shoulders and back. And relaxing away any tension in your neck, and in the muscles in your face and around your eyes. Letting your whole body feel as relaxed and at ease as possible.