

SOOTHING TOUCH

An easy way to support ourselves when we're feeling badly is to offer ourselves comforting or soothing touch.

Hand-on-Heart

- When you notice you're under stress, take 2-3 deep, satisfying breaths.
- Gently place a hand over your heart, simply feeling the gentle pressure and warmth of your hand. If you wish, placing *both* hands over your heart.
- Feel the natural rising and falling of your chest as you breathe in and as you breathe out.
- Linger with the feeling for as long as you like.

Some people feel uneasy putting a hand over the heart. Feel free to explore where on your body a gentle touch is actually soothing. Some other possibilities are:

- Cupping your hand over a fist over your heart
- One hand over your heart and one on your belly
- Two hands on your belly
- One hand on your cheek
- Cradling your face in your hands
- Gently stroking your arms
- Crossing your arms and giving yourself a gentle squeeze
- Gently stroking your chest, back and forth or in small circles
- One hand tenderly holding the other
- Cupping your hands in your lap

