

CALMING HANDS

This exercise is to help you feel calmer and more settled within yourself.

With either your eyes open or closed, whichever feels most comfortable to you.

To begin, place one hand on your forehead and your other hand on your upper chest area

And take a moment to notice and feel what goes on between your hands.

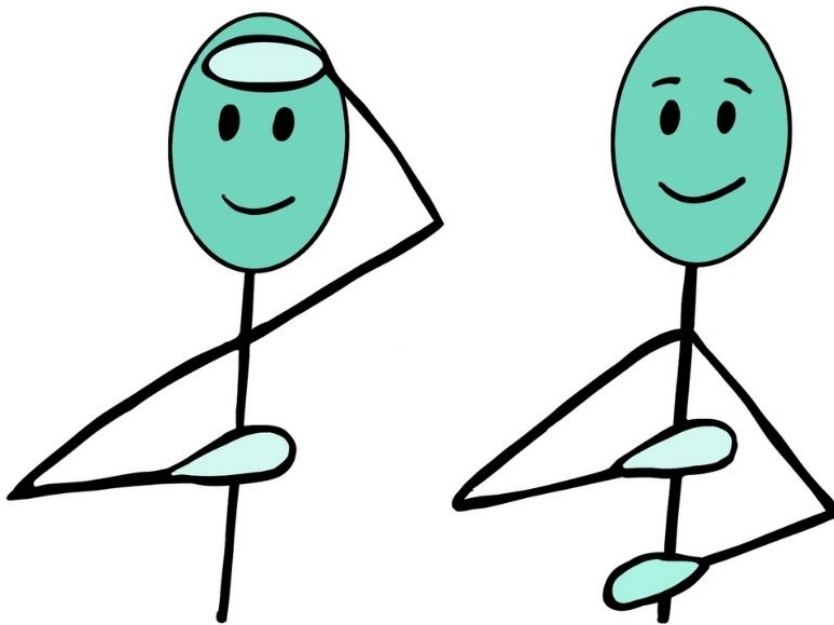
Maybe you notice a sensation, a flow of energy, a pulse, or sense a temperature change.

Keep your hands there for a moment, until you feel a shift.

Then, keeping your lower hand where it is, move the hand that is on your forehead and place it on your belly.

Notice what you feel now; maybe it's a sense of warmth, or you feel a soothing sensation.

Hold those positions for a little while, feeling the comforting flow and connection between your hands



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