

ISLAND OF SAFETY

Hold out your arms.

Put one arm under your armpit, and one arm on the top of your shoulder.

Pay attention to your body. Let yourself settle into the position; allow yourself to feel supported by it

Then take a nice deep breath inand out.

Take a second to notice how it feels as you hold yourself.

And for your next breath in and out, as you exhale, allow yourself to gently drop your shoulders, releasing tension.

Continue to do this for as long as it feels comforting and soothing

