





We can use comforting touch / self touch anytime that we want to:

- witness a sensation or emotion that might feel like too much
- get clarity about what we sense or experience
- create support for ourselves while processing
- just when we need comfort or settling, nurture and caring

Image	Hold	Purpose / when
	Brainstem / frontal cortex	When afraid, overwhelmed, feeling shocked, when the body sensations and thoughts don't match, when in fight flight
	Variation: hold the sides of the head	When thoughts are moving too fast or are ruminating
	Heart hug – one hand on heart one on shoulder, wrapped closely	When feeling big sensations and emotions that need containment; to comfort, settle and soothe; to feel safe being in your body with emotions
	Heart and belly hold – one hand on the heart one on belly	When feeling big sensations and emotions that need containment; to comfort, settle and soothe, to connect the top and bottom vagus, to bring attention to the inside of the body
	Kidney hold – both hands on kidneys OR you can have hands in front if you can't reach to back and picture touching the kidneys	When exhausted, when feeling down, overwhelmed, like too much has been going on

You can spend a few minutes in these positions; You can also practice them upon waking up and as you go to sleep. They can also be a way to greet your body when you wake up or to reconnect to it after you've been focused on a task outside of yourself for a long time.