Self-Soothing Touch

Physical contact can be so calming and comforting. Use these quick techniques to soothe yourself with touch, whether in times of physical distancing or everyday stress.

1. Begin by finding a comfortable and supported standing or seated position, elongate your spine, and take a few deep breaths. Allow your body and mind to relax a little as your breath deepens.

2. When you are ready, moving slowly and gently, find the following hand placements. Take at least three deep breaths holding each one.

**Hands on heart**

[Image of hands on heart]

**Heart and head**

[Image of hands on heart and head]
Heart and belly

Hands on head
Hands on belly

Hands back to heart
Additional Resources:
Soothing Touch Center for Mindful Self-Compassion
Somatic Experiencing Trauma Institute