

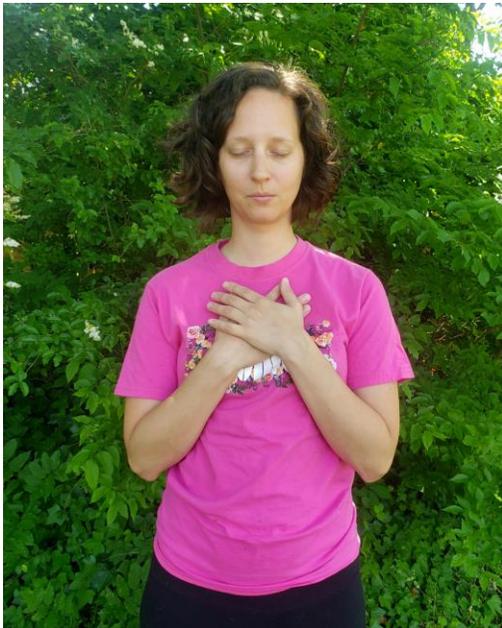
Self-Soothing Touch

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.

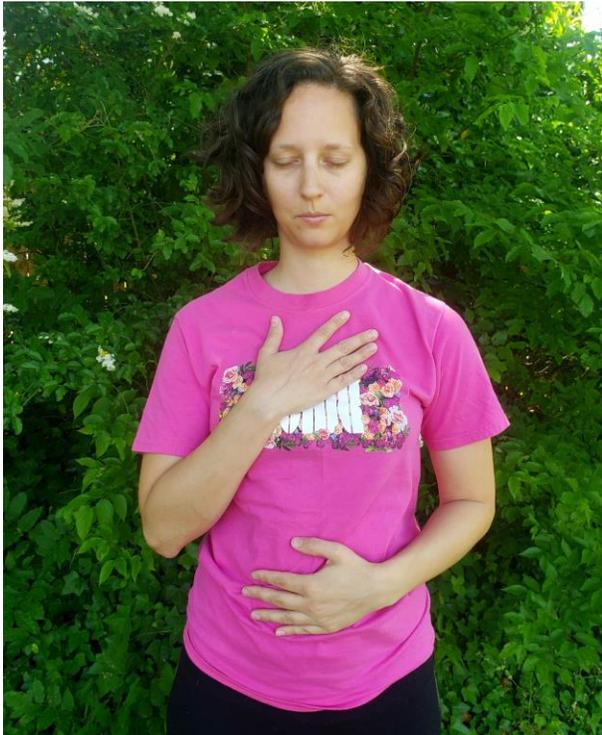
Hands on heart



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](#)