

SELF-HOLDING PRACTICE

happy.
safe.
healthy.
whole.

HAND ON HEART &
HAND ON STOMACH

BREATHE DEEPLY
EXHALE LONGER THAN INHALE
CLOSE YOUR EYES IF POSSIBLE
REPEAT FOR GROUNDING

HAND UNDER ARM &
HAND HOLDING OUTSIDE
OF ARM ABOVE ELBOW

HAND ON FOREHEAD &
HAND ON BACK OF HEAD

HAND ON BACK OF HEAD &
HAND ON STOMACH

HANDS ON SIDES
OF HEAD