



Access your nervous system through touch, breath, and posture.



### Put your hand on your heart.

- It's like you're giving yourself a little hug!
- If your child feels overwhelmed, put your hand on their back.
- Tell yourself "I am loved. I am cared for. I am ok."



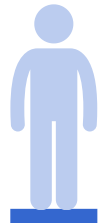
### Try a physiological sigh.

- This technique helps reduce anxiety.
- When you breathe in your heart beats faster and when you breathe out it slows down.
- Take two breaths in - one longer and one shorter. Then, breathe out with a sigh.



### Ground yourself outside.

- Go outside and think "This is good for me."
- Stand with your feet on the ground. Focus on what it feels like to be standing.
- Put pressure on your feet, toes, heels, and sides. Lean your body forward.
- Notice changes in sensations.



### Use a contraction and expansion ball to visually connect with your body.

- Breathe in and out as you move the ball.
- Then, set it aside and let your body contract and open as if you are the ball.
- See what happens to your energy as you add space. What emotions do you feel in each pose?



### Do a power pose.

- Play around with postures and words.
  - Stand like superwoman and say "I am weak. I am hopeless. I am helpless." These words don't match.
  - Now try, "I am strong. I am brave. I am creative." How do you feel?
- If you want to feel confident and strong, pay attention to how you're sitting or standing.



### Try the Havening technique.

- This is another technique that helps with anxiety.
- Rub your palms together like you're washing your hands. Then, move your hands upward to give yourself a hug.
- You can naturally put hand cream on while sending yourself messages of care and love. Say, "I am calm. I am relaxed."
- This can help slow everything down.