

SELF-COMPASSION

Soothing Touch



Soothing touch is designed to tap into our mammalian care system. The quickest, most effective way to activate this system is to place one or both hands over your heart. The other, more publicly accepted format, is to fold your arms into your body, similar to a self-hug.

These gestures help signal to the brain that you are okay in the moment. They activate the parasympathetic (rest + digest) nervous system and can contribute to emotion regulation.



hands over heart



arms across chest

The key ingredient for both gestures is the intention to soothe, with care and kindness.

