

Supportive Self Holds

A body resource for students

Try this self-hold with a hand of both the hemispheres of your brain to support you to regulate your brain and help your thinking brain, the cortex, to come more online and support you if you are feeling a bit frozen or overwhelmed.

Note: these exercises are invitational, if they don't feel supportive to you, that's ok, you can try something different that you find supportive.



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Try these self-holds to support regulation of your body and brain. They can be especially useful if you are feeling stressed or overwhelmed.

Try saying the phrase 'I am Safe', this might help you think more clearly.





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Exercise:

With arms crossed over the midline of the body, students give themselves a hug with right hand under the left arm in the area next to the heart and the left hand on right upper arm. It's not unusual for spontaneous gentle rocking to occur as the parasympathetic relaxation response kicks in with a little time.

References:

These self holds have been sourced from the works and teachings of Dr Peter Levine and Psychologist Dr Maggie Kline.