

FLIPPED YOUR LID SCRIPT

Flipped Your Lid exercise involves passing a ball from one hand to the other in a crossing-over motion. This bilateral movement engages both hemispheres of the brain, promoting grounding, self-awareness, and emotional regulation.

Here are the steps of the Energy Flow® Flipped Your Lid exercise:

1. Begin by either standing and feeling your feet on the ground or sitting while sensing your seat on a chair, bench, or floor. Hold the ball in your hands.
2. Take a moment to check in with yourself and observe any thoughts, feelings, or bodily sensations without attempting to change anything. Just be present and notice.
3. Now, start passing the ball from one hand to the other, crossing it over the middle of your body. You can think of it as switching hands or performing a gentle toss. The goal is to make it a bit challenging, requiring some focus, but not so challenging that you risk dropping the ball.
4. Continue passing the ball from hand to hand for about a minute or two.
5. Pause after this brief exercise and check in with yourself again. Observe any shifts in your system. Pay attention to changes in your breathing, posture, or any tension in your body.
6. Reflect on your emotional state and how you feel. Take note of the speed and quality of your thoughts.

Reflection questions:

1. What changes did you notice in your body after passing the ball?
2. How did you feel compared to before you started the exercise?
3. What was the most calming or enjoyable part of this movement for you?