

## **SELF-SOOTHING TOUCH (FOREHEAD & FACE) SCRIPT**

This technique involves using gentle, downward pressure from the forehead to the throat to promote relaxation and calm the nervous system.

**Here are the steps of the Energy Flow® Self-Soothing Touch (Forehead & Face) exercise:**

1. Sit in a comfortable position.
2. Place both hands, palm facing down, on the top of your head.
3. Take a deep breath in through the nose and gently move your palms from your forehead to your throat.
4. Let a gentle breath out of your mouth.

### **Reflection questions:**

1. How did you feel when you gently pressed your forehead and face?
2. What changes did you notice in your emotional or mental state during the exercise?
3. After finishing the exercise, how did your body or mind feel?