

SELF-SOOTHING TOUCH (HEAD & NECK) SCRIPT

This is a calming technique involving gentle pressure on the head and neck to relieve tension and promote relaxation.

Here are the steps of the Energy Flow® Self-Soothing Touch (Head & Neck) 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 the back of your head to your neck.
4. Let a gentle breath out of your mouth.

Reflection questions:

1. What sensations or feelings arose as you applied pressure to your head and neck during the exercise?
2. What changes did you notice in your body and mind during this exercise?
3. How did your body respond to the soothing pressure on your head and neck?