

## **SELF-SOOTHING TOUCH (SHOULDERS) SCRIPT**

This is a calming exercise that uses gentle touch and pressure on the shoulders to release tension and promote relaxation.

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

1. Sit comfortably with your back straight and shoulders relaxed.
2. Place your hands on your shoulders, gently cupping the tops of your shoulders.
3. Apply light pressure while massaging in small, circular motions.
4. Move your hands along the tops of your shoulders, applying consistent, gentle pressure.
5. Focus on your breathing, inhaling deeply through your nose and exhaling slowly through your mouth.
6. Continue massaging for 1-2 minutes or until you feel tension begin to release.

### **Reflection questions:**

1. What impact did the shoulder massage have on your overall relaxation or emotional state?
2. What sensations did you notice as you massaged the tops of your shoulders?

3. How did your shoulders feel before and after applying the gentle pressure?