



Hand on heart meditation

We can self-soothe by triggering certain neurotransmitters. Physical touch can trigger oxytocin, promoting calm and wellbeing. The steps are-

- 1- Get into a comfortable position and breathe until you feel decently relaxed.
- 2- Place your hand over your heart and notice the physical sensations and warmth. Stay with this as long as you like.
- 3- In this moment, imagine a time you felt loved or safe, or imagine one.
- 4- As you do the image and keep you hand over your heart, notice any positive feelings or sensations. Stay here until you feel ready to get back to your day.