

Havening Touch

What it is-

Havening Touch is a gentle soothing touch technique designed to calm the nervous system. It helps to release feelings when overwhelmed by sadness or grief and is an effective tool to help keep you grounded and in the present moment.

Instructions-

This exercise can be practised sitting up or laying down, feeling the support beneath your body.

1. Place your hands gently on your upper arms, as if wrapping yourself in comfort.
2. Slowly stroke down your arms toward your elbows in a soothing, steady rhythm.
3. Breathe calmly as you continue this gentle motion, allowing your breath to flow naturally.
4. With each stroke, notice how your body softens and your mind begins to quieten.
5. Continue for 2-5 minutes, letting the rhythm bring you back into a state of calm and peace.

These practices are here to support you. Go gently, listen to your body, and return to them whenever you need.