

Giving Yourself Care Through Physical Touch

Guided Meditation Script

Date / Time:

So far today, have you brought kind awareness to your:

Thoughts? Heart? Body? None

To begin this Meditation, please bring kind awareness to

- why you chose this topic
- how your belly, chest, and head each feel when you reflect on this topic
- the emotions that you can associate with these visceral feelings
- the positive or negative impact of any stories you believe in regarding this topic
- the fact that many others are feeling similarly about this topic as you
- how you might feel with increased awareness around this topic
- when you can apply increased mindfulness to this topic in your day-to-day life



Self-Supporting

As the mind and body take cues from one another, we can use our own hands to encourage states of ease and comfort.

The basic premise is that the human body responds to touch, and touch can change the activity in the nervous system.

See if you can familiarize yourself with this practice, then utilize it in your daily life when you need a way to calm down.

Sit in a comfortable position and close the eyes.

Breathe deeply through the nostrils, allowing the lungs to fully empty with the exhale.

Continue breathing deeply for a minute.

Spend a few minutes bringing awareness to the body in this moment.

Without changing or fixing anything, observe what is present.

Notice what physical sensations you can feel and where you can feel them.

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Self-Supporting

Try to really drop your awareness out of your head and down into the body.

Begin supporting yourself by bringing one of the hands to the top of the opposite arm, just below the shoulder.

Gently rest the hand here with the intention of offering yourself support.

This is a place of support in the human body.

Allow yourself to feel the care and support you have for yourself.

Tune in to any relaxation in the mind or body.

After a few minutes, release the hand.

Take a few deep breaths and bring the hand to the back of the head, where the spine meets the skull.

This is a place where you were held and supported as an infant, and it can offer a sense of safety and ease.

As you gently rest the hand here, allow the body to feel safe and comfortable.

Allowing a few minutes to pass, move the hand to the center of the chest.

This stimulates the vagus nerve, releasing oxytocin and engaging the parasympathetic nervous system.

Allow the hand to rest here, feeling care for yourself as you relax the body and mind.

After a couple of minutes with the hand on the chest, allow the hand to relax once again.

Let a few minutes pass while you breathe and invite in relaxation to the mind and body before opening the eyes.

