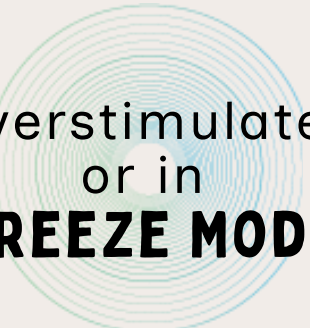
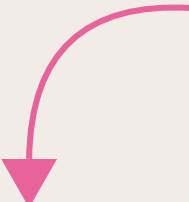


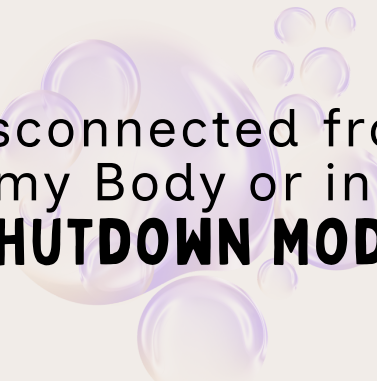
I FEEL/TRY

Body Care Guide



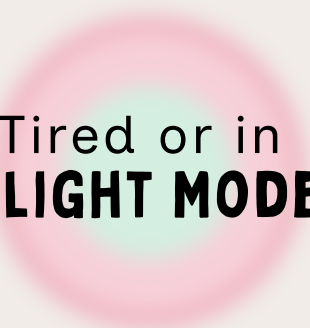
Overstimulated
or in
"FREEZE MODE"

- Wriggling fingers and toes
- Swaying arms, remembering to breathe



Disconnected from
my Body or in
"SHUTDOWN MODE"

- Putting bare feet on the earth
- "Bilateral" taps gently on your chest - one side, then the other
- Taking time to notice with your eyes 3 things in your environment



Tired or in
"FLIGHT MODE"

- Find a seated or lying down position and take deep breaths with your hands over your heart and belly
- Doing body squeezes, pressing firmly into contact points



Angry or in
"FIGHT MODE"

- Pushing against a wall
- Audible sighs
- Arm shaking while jumping in place
- Wiping limbs down with palms of hands