I Am Safe Enough versus Feel Safe

Emotional Regulation

Celebration

**Bilateral Stimulation Tool:** **Take deep breath in and release breath slowly. Take another deep breath in and release breath slowly, close your eyes and start tapping either your biceps (butterfly) or your thigh (dragon fly) tap left side count one, tap right side say and, like counting music, tap left side count two, tap right side say and, up to 40. Remember to breathe naturally after second deep breath release.**

K 27 Spots: Immune system stimulation. Take deep breath in and release breath slowly. Take another deep breath in and release breath slowly. Place your hand in center of chest. Slide hand up to just under your collar bones. Replace left hand with middle finger on collar bone and walk fingers back to thumb of right hand. Massage these spots 30 seconds.

Thymus Stimulation: Take deep breath in and release slowly. Close your eyes. Take another deep breath and release slowly. Rapidly and firmly tap sternum 20 times.

Crook’ s Hook up: Take deep breath in and release breath slowly. Take another deep breath in and release breath slowly. Close your eyes. Place left ankle over right. Arms out straight, place left hand over right hand, clasp fingers and roll up. Gently place chin on hands. Wiggle body to remove tension in body. Place tongue on top of mouth behind teeth. Without moving your tongue. Close your eyes and take deep breath in and release slowly. Count 30 seconds.