SIMPLIFIED SELF-HAVENING

(Havering Techniques®, by Ron Ruden, PhD)

Purpose: Simplified Self-Havening is designed to calm and center the nervous system after a stressful or traumatic event.

Use when:
- After a shocking, traumatizing, or heart-breaking incident
- Experiencing emotional numbness or feeling disconnected
- Need to connect with self and calm the system
- Need for self-soothing

Common experiences:
- Calms and centers the nervous system
- Brings the focus back to the body, and to the Here and Now
- Feeling more balanced, relaxed, and better able to focus

Steps:
1. Cross the arms, putting the right hand on top of left shoulder and the left hand on top of right shoulder.
2. Gently draw the hands from both shoulders down to the elbows, (both hands at the same time) slowly and repeatedly.
3. At the same time, hum a tune without words.
4. Alternate with rubbing your palms together in circle.
5. Continue until calm.

Follow along with the video:
https://youtu.be/Yb5Freqlk0o

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