SIMPLIFIED SELF-HAVENING

(Havening Techniques®, by Ron Ruden, Ph.D.)

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 hands on the opposite shoulders.
2. Gently draw both hands from shoulders down to the elbows, slowly and repeatedly.
3. At the same time, hum a tune without words.
4. Rub palms together.
5. Repeat until calm.

Follow along with the video:
https://youtu.be/Yb5Fqolk0o

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