

Squeeze-hug' (5 minutes)



Instructions

This exercise calms survivors who are agitated. It can also help 'frozen' survivors to concentrate on the here-and-now.

- Cross your arms in front of you and draw them towards your chest.
- With your right hand, hold your left upper arm.
- With your left hand, hold your right upper arm.
- Squeeze gently and pull your arms inwards.
- Hold the squeeze for a little while.
- Find the right amount of squeeze for you right now.
- Hold the tension and release.
- Then squeeze for a little while again and release.
- Stay like that for a moment.