

WHAT WORKS

Requires physical balance

Allow full experience without resistance through breath holding or tension

Redirect non-helpful thinking

Separate thought from emotion

Clarify when experiencing emotion from the past

Allow crying without resistance

Develop awareness of effect of thoughts and capacity to redirect

WHAT HEALTH LOOKS LIKE

Natural compassion/empathy

Responsive

Cry easily, quickly discharge tension, restore calm

Capacity to experience deep emotion without tension or reactivity

