



SQUEEZES

CALMING & REFOCUSING STRATEGIES

HOW-TO DIRECTIONS

Procedure

- Relax both arms
- Breathing slowly, gently squeeze one wrist
- Move slowly up your arm, gently squeezing from your wrist to your shoulder
- Move slowly back down your arm, gently squeezing from your shoulder to your wrist
- Switch arms and repeat

Modifications

- Sit comfortably in a chair, on the floor, or stand
- Vary your squeezing pressure



VIRGINIA
Chief Movement Officer


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