

KARATE CHOP

Side of your hand



**Even though I feel
afraid... I am safe now.**

TOP OF HEAD

The crown of your head

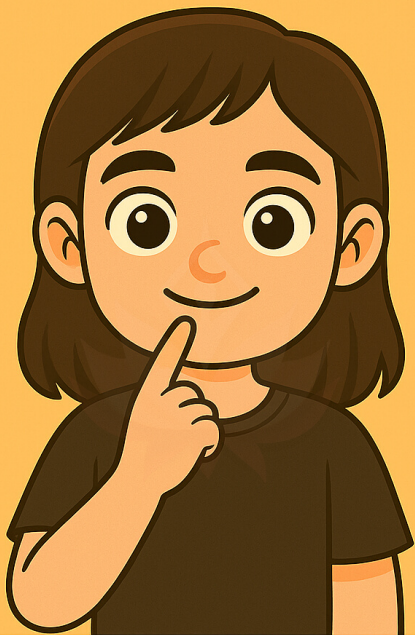


Hannah M. M.

I press pause.

CHIN

Below your bottom lip



**I'm still me...even
when I feel scared.**

THYMUS POINT

Center of your chest



**My heart is safe.
I listen with love.**

COLLARBONE

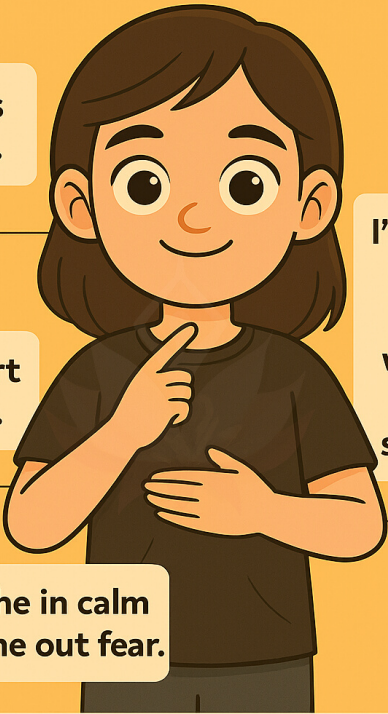
Below your collarbones



I breathe in calm...
I breathe out fear.

LET'S TAP TOGETHER!

Follow the full flow



I press
pause.

My heart
is safe.

I breathe in calm
I breathe out fear.

I'm still
me...
even
when I
I feel
scared.

I'm safe. I'm strong.
I trust myself.