



BEAR HUG

Who can do it?



Everyone

When can you do it?



When you feel anxious or stressed.

How to do it?



- Hug yourself. Mimic the pressure that you feel when you get a reassuring bear hug.
- Don't squeeze so hard that it is painful, but just enough so that you feel secure.
- If you are in any sort of physical pain, hugging yourself can actually reduce it.

How will it help and expected outcomes?



- It releases a happy hormone and helps in battling stress and anxiety
- It helps in reducing blood pressure.
- It soothes you so that you feel safe and calm.

Resources required?

Yourself