

# Heavy Regulation



### Get Cozy and Snug

Get comfy with a blanket or pillows tucked around you.



### Put Something Cozy on Your Lap

Sit down and put a heavy pillow or blanket on your lap that is safe for you.



### Lean on the Wall

Lean your back or body against a wall. Let the wall hold you up.



### Push on Your Legs

Put your hands on your legs. Push down for a few seconds, then let go.