

Heavy Regulation



Use Firm Pressure

Get comfortable with cushions, pillows, a blanket, or a safe weighted item providing steady pressure.



Use Weight on Your Lap

While sitting, place a heavy pillow, blanket, or other safe weighted item across your lap.



Lean Against a Solid Surface

Lean your body against a wall or another sturdy surface and notice the support it gives you.



Press Your Hands into Your Legs

Press your hands firmly into your thighs for a few seconds, then release.