

Heavy Regulation



Use a Blanket or Pillows

Get comfortable with a blanket, pillows, or cushions providing steady pressure around you.



Use Safe Weight on Your Lap

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



Lean Against a Wall

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.