

Heavy Regulation



Firm Pressure with Cushions or a Blanket

Use a cushion, pillow, or folded blanket to provide comfortable, steady pressure against your body.



Comfortable Weight on Your Lap

While seated, place a folded blanket, cushion, or other comfortable weighted item across your lap. Make sure it feels supportive rather than heavy or restrictive.



Press Hands into Legs

Place your hands on your thighs and press down gently but firmly for a few seconds, then release. Use only as much pressure as feels comfortable.



Feel the Support of a Solid Surface

While seated or standing, gently lean against a wall, chair back, or other sturdy surface and notice the support beneath or behind you.