

HEAVY REGULATION



Firm Pressure with Cushions or Blanket

Apply steady pressure using cushions, pillows, or a weighted item as available.



Weight on Lap

Place a heavy object or blanket across your lap while seated.



Lean Against a Solid Surface

Lean your body weight against a wall or sturdy surface and notice the support.



Press Hands into Legs

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