



Huggle



Check-in

Pause to notice how you feel before using the tool. Pay special attention to your body signals.



Practice

Give a hug or snuggle up with a trusted friend or family member when you're not feeling well or want to connect.

WHY TO TRY:

Close contact with others sends positive signals throughout your body, which can be comforting, cozy, and help your well-being.

Try to find a moment each day of the week to practice the tool.



Reflect

Notice how the tool affects your feelings and body signals. Which Zone(s) could it help you regulate?

