



CENTER FOR TRUE HEALTH

Body Boundary Technique

You can do this whenever you're having trouble with boundaries (e.g. saying no when you need to say no, wanting to help too much at the expense of taking care of yourself, etc.) It also gives the people you interact with space and room to breathe (which is in high demand in NYC!).

- Stand with your feet firmly planted.
- Imagine your feet rooting into the center of the earth.
- Imagine the crown of your head has a string attached to it, connecting and pulling it toward the center of the universe.
- Feeling that connection between earth and heaven, lean back a little. This is a neutral space. Feel what this feels like.

You can also do this sitting, imaging your tailbone connecting down into the center of the earth.