

# Hands on Heart Breath

- Increases Oxytocin, which is the hormone that sends the message to the brain that we are safe and loved. It's called the confidence hormone and is partially responsible for compassion, bonding, and caregiving. An increase in oxytocin decreases cortisol, a stress hormone.



1. Put both hands, one over the other, over your heart. Press gently into your body.
2. Close your eyes, inhale, and on the exhale, relax your face and drop your attention down into the contact between your hands and your body.
3. Keep your attention there and take five long, gentle breaths, softening your face with each exhale.

Times to use this tool:

- When you feel unsettled by an interaction.
- When you feel sad.
- To interrupt catastrophic thinking.
- Before an event or interaction that you feel nervous about.
- When you feel lonely.



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