

**Give yourself a BEC (kiss) daily**  
little self care routine

The BEC will help you to feel more centered, positive, calm, relaxed within yourself

When you have the opportunity to take care of your own needs, you are also more easily able to care for the people around you and to be open to whatever life brings you.

Three of our very basic needs are:  
the need to feel safe,  
the need to feel nurtured  
and the need to relate

Each of these needs is linked more specifically to one part of our brain. We will first take time to consider some important facts about our brain and its neuroplasticity. This will help us to understand why the suggested routine is efficient.

We will then learn this gentle little routine together, which is a mixture of movements, touch and thought-processing from several different disciplines.

## Give yourself a **BEC** (By Marina Berney. [www.move2balance.net](http://www.move2balance.net))

**Hydrate**, this allows your cells to better connect and communicate

Do some **cross crawls**, to simultaneously stimulate both hemispheres of your brain

Stay in **Hook ups** 1-2 minutes, and breathe calmly and deeply

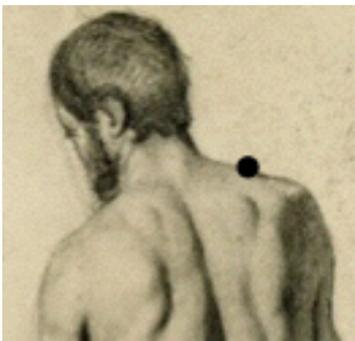
Educational Kinesiology Foundation, adapted from the Brain Gym handbook, for instruction purposes only, used with permission. Marina Berney Educational Kinesiologist



Hold one hand on both **Perspective** and the other on both **Silence** for 1-2 minutes and continue to breathe calmly



Hold one hand on **Unburden** and the other on **Relax**

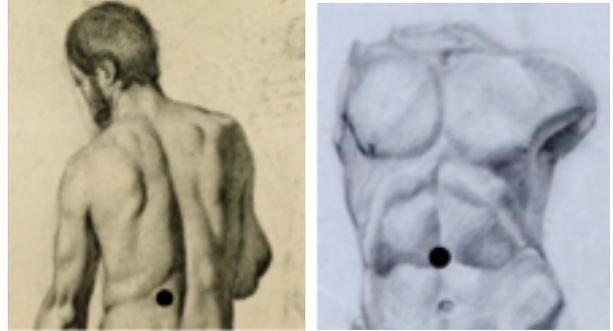


\*"pet the lizard, feed the mouse and hug the monkey" are Rick Hanson's ideas. To find out more about it go to his website <http://www.nickhanson.net>. and his newsletter.  
\*\* the points are original points from Healing Touch ITb. For more on this technique cf. [www.healingtouchITb.org](http://www.healingtouchITb.org)



## "Pet the lizard" safety

### Hold **Courage** and **Trust**



It is important to take the time to acknowledge how much this inner little lizard is scared. Pay attention to this background noise of anxiety in your mind. Just relax, observe that actually **everything is fine** right now and send this message to the oldest parts of your brain..

Also calm your **body**. When your body relaxes the same message is sent to you brain : everything is fine. **Inhale deeply and observe that, actually, you are ok. Exhale and release your tensions and your anxiety.** Ask yourself : Am I on guard? Release your vigilance, make sure you are in a comfortable position and continue to breathe.



Whilst you are taking care of this little inner lizard, **register the sensations of relaxation and calmness** in your body.

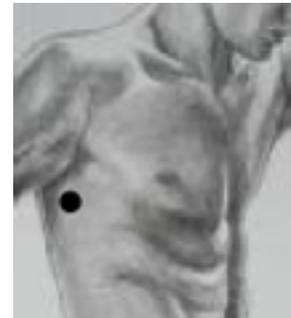
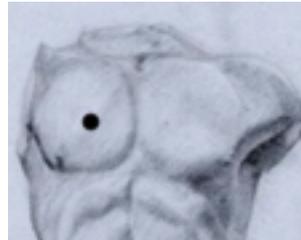
**Savour** these moments and make them last at least 30 seconds, so that they can be transferred in your implicit memory.

## "Feed the mouse"

nurturing



Hold Nurture and Reassurance



Go back to your day and take the time to **appreciate all good aspects and to be nurtured by them**. Absorb all the pleasures brought by your senses (images, sounds, smells, tastes, pleasant sensations). Bring them back to your memory and enjoy them again. Think of the food you ate, your material comforts, the beauty in all the different things you saw.



Take the time to contemplate the tasks you have accomplished, even the smallest : washing the dishes, the phone call you made to someone who needed it, the work done on some files. Ask yourself what positive aspects were brought to you by what was hard in your day.

Also think back also to all you have received from others : compassion, gentleness, humor, help, useful information..

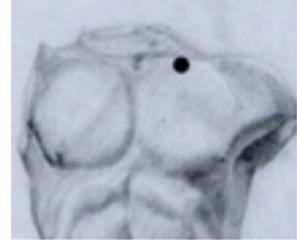
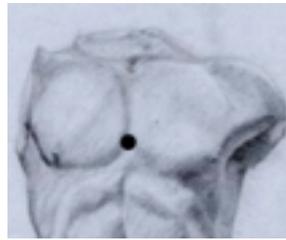
Whilst you **register this feeling of being fed** in so many different ways make sure that it deeply impregnates within you. Imagine a part of yourself as this little furry mouse, nibbling all this 'food". Take the time to feel that you absorb, digest and feel nurtured.





## "Hug the monkey"

relating



### Hold Love and Laughter



Imagine next to you a **familiar caring presence**, who loves you, or appreciates you...another being (human, animal or spiritual) from your past or actual life. Open yourself to this feeling that you are cared for. Enjoy this experience, immerse yourself in this sensation up to the deepest and most primitive parts of yourself and receive what we all desperately

need : feeling connected, belonging, acknowledged, respected and loved.

Now think of **someone that you care for** and explore how you feel in your body, your emotions and your thoughts. What is happening within you when you are warm, friendly, loving, protective and affectionate? What sensations does "hug the monkey" for another bring you.



**Imagine a "love committee"**. Be creative and choose individuals, ones who are the most able to give you compassion and empathy (amongst your friends, members of your family, your heroes, mentors, spiritual guides, etc.).

Choose a real or imaginary place where you feel calm and peaceful. Find this place within you and make the habit to meet your committee there, to feel loved and supported. Feel

appreciated, desired, included and respected. Your committee calms you down, praises you or reminds you of your qualities. It responds to your needs by loving you, supporting you and giving a soft and warm hug to the little monkey within you that is hurt, alone and vulnerable.