

Why Holding Your Own Hand Can Help

1. Your brain's reaction is the same when you touch yourself and when you are touched by someone else.

Gentle, intentional touch tells your nervous system that you are safe.

When you hold your own hand, you activate the same pathways as when you experience:

- Comfort
- Reassurance
- Connection

This connects to the parasympathetic nervous system, which helps your body relax.

To put it simply:

Your body understands this as “I’m okay. I’m being held.” Being able to comfort yourself in this way is both powerful and important.

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2. It helps lower stress by calming your body.

Research shows that touch can:

- Lower cortisol (stress hormone)
- Slow heart rate
- Reduce feelings of anxiety.

Even touching yourself (mind out of the gutter please) can create this effect, because your brain responds to the feeling of safety.

This is part of how we can soothe ourselves.

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3 It Interrupts Emotional Spirals

When you feel overwhelmed, your mind often gets stuck in a cycle of repeating thoughts.

Holding your own hand can:

- Ground you in your body
- Pulls you out of your own head
- Creates a pause between feeling and reaction

It's a physical way of telling yourself:

“Stay here. Don't spiral.”

Trust me, we have all been there, and spiraling is probably one of the biggest reasons for insomnia and long drawn-out days of anxiety.

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4. It helps you feel more connected to yourself.

Many women tend to:

- Go to others for comfort.
- Look externally for reassurance.
- Feel unsettled when it's not returned.

Even holding your own hand for a moment sends a subtle but powerful message:

“I can be here for myself, too.”

This is closely related to self-compassion, which has been studied in depth by researchers like Kristin Neff. Set your timer for five minutes and hold your own hand.

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5. This practice is part of real therapeutic techniques. It's Not Random.

This isn't just something we do by instinct. Similar practices are used in:

- Somatic therapy
- EMDR (bilateral stimulation, including tapping/holding)
- Grounding exercises for anxiety

The main idea is to calm your mind by helping your body relax. Say this again...

The main idea is to calm your mind by helping your body relax.

So take a moment to stop, breathe, and gently hold your own hands. Let yourself feel your own energy and remember how important you are to yourself.

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