



Havening Takeaway

Serotonin is a “happy hormone,” that aids our bodies in several ways, from controlling appetite and temperature, to helping us sleep, and brightening our mood. In order to intentionally increase the levels of this particular chemical in our body, it is best to find safe and healthy methods or techniques. One such technique is known as Havening. Havening is a series of eye movements, touches and visualization that helps to increase serotonin. Practice and memorize the following steps so you can use this technique whenever you are feeling stressed, anxious, or simply just feeling down. This method can also be used if you are feeling unease about an upcoming event, like a visit to the dentist, public speaking engagement or a meeting at work. Picture the event in step 1, noting your level of unease on a scale from 1-10.

1. Note the level of the unwanted feeling (anxiety, stress, unhappiness, etc.) you are experiencing on a scale from 1 to 10.
2. Now clear your mind, or think of something else.
3. Use both hands to tap on both of your collarbones.
4. While tapping, look straight ahead, keep your head still and close and open your eyes.
5. While tapping, keep your head still and move only your eyes to look down and to the left, then down and to the right.
6. Still tapping, and keeping your head still, move your eyes in a full circle clockwise, then counterclockwise.

7. Cross your arms, place your hands on the top of your shoulders and close your eyes.
8. Stroke your hands down the side of your arms from shoulder to elbows, repeating that stroke again, and again.
9. Keep stroking the sides of your arms and imagine you are skipping over a rope. Count aloud your jumps from 1-20.
10. When you get to 20, hum a few bars of the song, "Happy Birthday."
11. Now let your arms drop and relax them. Open your eyes and look in front of, then above you.
12. Move your eyes slowly from left to right and back, 3 times.
13. Close your eyes and stroke the sides of your arms again, 5 times.
14. Open your eyes and check in. On a scale from 1 to 10, what is the level of the emotion you noted in step 1?
15. Repeat as necessary.