

NAME OF THE EXERCISE: Temple Rub

HOW LONG WILL THIS TAKE: Approximately 1 minute

AIM OF THIS EXERCISE: To self-regulate by activating the affective touch receptors found on our faces

1. To find the exercise, click on “Stress Control” in the exercise tab.

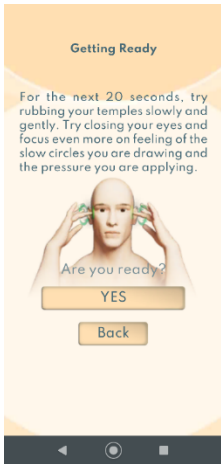


2. Click on the “Temple Rub” Exercise

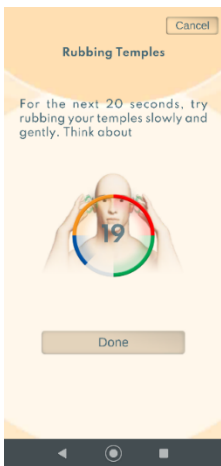
3. You will then be taken to the Exercise description. Click “Start” when you are ready.



4. Click “Yes” when you have read the instructions and are ready to do the exercise of rubbing your temples slowly for 20 seconds.



5. Click on “Done” when finished to move onto the next step



6. You will then be asked to indicate how you feel after this exercise (on a scale from “worse” to “much better”). Simply click on one of the options.

7. You may also add a note to your diary or make a suggestion about your experience with the app.

