

## Rocking

The human body is wise. It has a few ways to calm itself. One of them is the rocking motion. You may also associate it with pleasant experiences with swings.

Stand with your feet apart. You can try how wide or narrow a stance feels right for you in this exercise.

Shift your weight calmly between your right foot and left foot. Rock your body from side to side like this for a moment. Focus on how shifting your weight feels under your feet.

Next, start shifting your weight back and forth. Shift your weight between your heels and the balls of your feet.

This motion can bring down your energy level.

### YouTube video of the exercise

<https://youtu.be/drbb78-3xgM>



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