

THE HEART OF CARING BODY LANGUAGE

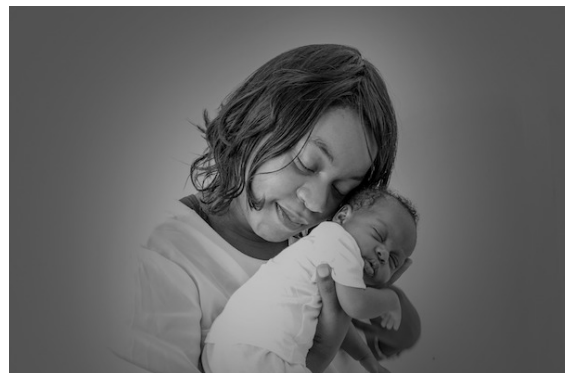
Wherever you look in the natural world mammals care for their offspring. This is a basic biological drive that ensures survival. We humans too are programmed to care for the vulnerable. Embedded in our DNA is the body language and behaviour of care. We all present the same empathic body language to somebody who is vulnerable.

- 1. We turn our whole body towards the person we're caring for.**
- 2. We lean in towards them, shoulders down.**
- 3. Our body language is harmless and reassuring.**
- 4. Our breath calms.**
- 5. Our eyes soften and we look directly at them.**
- 6. Our faces are calm – but also alert and attentive.**
- 7. If appropriate, we may give a reassuring touch.**
- 8. We are very careful about what we say. Silence is golden.**

This is the universal body language of care and compassion.

Just as we are programmed to give care, we are also programmed to receive it. We respond positively to our carer's body language and communication.

To be cared for is good for us.



More than that — giving care is also good for us. When we give care our body drops into a more healthy physiological state.

Giving care is good for the carer too.