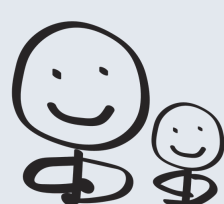




BUTTERFLY HUG

Who can do it?



Everyone

When can you do it?



When you feel anxious

How to do it?



- Wrap your arms around yourselves so that each hand touches the opposite upper arm or shoulder.
- Then move your hands like the wings of a butterfly, to tap your arms/shoulders in an alternating rhythm. It helps to visualize yourself doing something you enjoy while you tap yourself.
- Aim to breathe slowly and deeply (abdominal breathing) while you observe what is going on through your mind and body such as thoughts, images, sounds, smells, feelings without changing, pushing your thoughts away or judging

How will it help and expected outcomes?



- Draws awareness to the self and breathing
- Helps ease anxiety and calm you at the moment
- This is a great way to self-soothe or finds relaxation in times of stress

Resources required?

Yourself