

Butterfly Hugs

Find a quiet spot where you can think clearly—on a chair, your bed, or the floor, whatever feels comfortable. Take a full breath in through your nose, hold it for a moment, then slowly exhale through your mouth. Repeat a few times to clear your mind.

1

Make your butterfly—Cross your arms over your chest and place palms over your shoulders.

2

Gently tap your fingers on your upper arms or shoulders, like the wings of a butterfly!

3

Focus on your breathing as you tap your shoulders. Inhale deeply, hold for a moment, then exhale slowly.

4

Continue for one to two minutes. If your mind wanders, gently refocus on your tapping and breathing.

5

Pause and reflect—After a minute, stop tapping and notice how you feel. Does your body feel different? How are you feeling mentally? Finish with a full breath. Open your eyes if they were closed and notice how you feel.

