Butterfly Hug

Calm and soothe yourself with the butterfly hug when you are feeling sad, angry or hurt.

Take a moment while doing the butterfly hug and close your eyes.

Using your imagination go to a place where you feel safe, calm, and happy.

What images, colors, sounds, and scents do you observe in your safe place?

Practice Self-Soothing

1. Cross both arms over your chest and place each hand on your shoulder.
2. Gently begin tapping each hand one at a time on your arms. Tap for 10 counts.
3. Pause and take a deep breath. Continue tapping your arms until you feel more relaxed.

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