


# Butterfly Hug

The butterfly is an ancient symbol of transformation. 

An opportunity for soothing in the presence of fear, anxiety, and uncertainty.

**PRACTICE SELF-SOOTHING**

1

Sit or stand in a comfortable position.

Cross both arms in front of your chest and place each hand on your upper arms.

2

Begin gently tapping each hand one at a time on your arms.

Practice relaxed breathing. You may be surprised to discover you are feeling calmer.

3

If your level of anxiety or anger doesn't change at all, give yourself some more time with the butterfly hug and see what happens.

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 content.

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