

The Butterfly Hug

Practice the butterfly hug to calm and soothe yourself whenever you're feeling sad, angry, or hurt.



While doing the butterfly hug, close your eyes.

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

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

1. Cross both arms over your chest and place each hand on your shoulder.
Inhale for 5 counts, exhale for 5 counts. Repeat 3 times.

2. Gently begin tapping each hand, one at a time on your arms while imagining your safe place. Affirm yourself by saying, "I am safe, I am loved, I am whole." Tap for 10 counts.

Pause and inhale for 5 counts, then exhale for 5 counts.
3. Continue tapping until your arms feel more relaxed.