



You can do this when you experience any strong emotion like anxiety, sadness, anger or hurt.

# Butterfly Hugytap

1. Cross your arms over your chest. Interlock your thumbs, so that the tip of your fingers is placed below the collarbone.



2. Slowly tap one hand and then the other, like the flapping wings of a butterfly; let your hands move freely.

3. Inhale and exhale. Observe what is going on through your mind and body, any thoughts, images, physical sensations, feelings; without changing, pushing your thoughts away, or judging.

4. Continue until the emotion subsides.