

BUTTERFLY HUG

Cross your hands and place them on your chest so each middle finger rests right below the opposite collarbone. Fan your fingers, resting them on your chest and your thumbs will be pointed towards your chin.

You can interlock your thumbs, so it looks like a butterfly's body and the hands are its wings. Alternate tapping your hands on your chest, slowly and rhythmically (left, right, left, right, etc.) Tap for as long as it continues to feel good.

****As an alternative, you might cross your arms and tap near where your arms are bent or tap your knees****

@GroundedInTherapy

