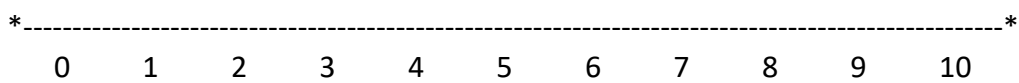


****Practical Guide****

If you want to try the Butterfly Hug for self-care, you could proceed as follows:

1. Identify a stressful situation or event and let it run like a mental movie with your eyes closed (if that's okay for you) or with your gaze directed at an imaginary screen in front of you, from just before the beginning of the situation to the present moment or even into the future.
2. If you wish, notice where in your body you feel the stress and note the subjective degree of your stress perception (Subjective Unit of Distress - SUD) on a scale from 0 to 10, where 0 means no stress and 10 stands for maximum intensity of perceived stress.



3. Use the Butterfly Hug while walking, standing, or sitting if you like; (optionally, if you're standing or sitting, you could move your feet and legs as if walking in place).

You could cross your arms over your upper chest and

- a) Place your hands in the corresponding position on your upper chest or
 - b) Bring your hands in contact with your upper arms
 - c) Or perhaps place your hands on your thighs
- And alternately tap with the fingers of one hand.

Adjust the pace, pressure or intensity of touch, and duration of the session exactly as it serves your experience. Everything is right.

Let the corresponding film run as described in 1. The disturbing scenario could be in the past, present, or future. At the end of your mental film, stop walking in the room or sitting and self-touching. If it's okay for you, take two deep breaths in through your nose and out through your mouth to complete the intervention.

4. Direct your attention to your body again and notice what has changed. Reassess the subjective stress in the present moment (as described in 2.) on the scale.
5. You could repeat the process from point 2 as often and for as long as needed until your stress perception has settled at 0 - 3 on the scale.

The Butterfly Hug method can acutely reduce stress perception. However, it is not a substitute for professional psychotherapeutic or trauma therapy treatment.