

Butterfly Hug Technique

QUICK REFERENCE CARD

What it is

A self-soothing bilateral stimulation technique used to calm anxiety, reduce stress, and ground yourself during overwhelming moments.

How to do it

1. Cross your arms over your chest
2. Place each hand on the opposite shoulder
3. Tap your shoulders alternately at a slow, steady pace
4. Breathe normally and naturally
5. Continue for 1–5 minutes

When to use it

- During or after a stressful event
- When feeling anxious or overwhelmed
- Before sleep
- As a daily grounding practice
- Anytime you need to calm down

Tips

- Slower is usually more effective than faster
- Can be done discreetly in any setting
- Pair with slow breathing for a stronger effect
- Practice regularly, not just in crisis

Track your progress

Distress level (0 = none, 10 = worst)

Before session: _____ / 10

After session: _____ / 10

Difference: _____