**The Butterfly Hug Tapping Method**

The practice is quite simple and is readily available to everyone, because all you need is yourself! To begin:

* Engage in some type of intentional breath work, I like to have client’s focus on diaphragmatic breathing for this tool.
* Draw awareness to the self, as with any mindfulness practice, pay attention, notice any emotions that are coming up, any physiological indicators and judgments of self and continue to breathe.
* Cross your hands over your chest (like you are making a bird shadow puppet) where the wings are resting just below your collar bone. I like to hook my thumbs as a place to feel anchored.
* Begin slowly tapping, alternating left and right, left, and right and continue tapping for 30 seconds to a few minutes if desired and it feels calming and grounding.
* Continue to hold awareness with the self, slowing the mind and the body with each breathe, being with any and all emotions that come up.

The Butterfly Hug is a tool designed to help ease anxiety and calm you in the moment, but certainly is not something to be used in lieu of therapy. I also highly recommend practicing this technique when you are not anxious to become proficient and have it more accessible when you are feeling distressed. If you are experience anxiety or panic attacks on frequently, please seek a therapist to further evaluate your needs.’

<https://wildtreewellness.com/butterfly-hug/>