



How to Give Yourself a Hug

- 1. First, stretch your arms wide.**
- 2. Next, wrap your arms around your body.**
- 3. If you like, you can close your eyes.**
- 4. Then, give yourself a gentle or tight squeeze.**
- 5. Notice your breath.**
- 6. Take a few slow, deep breaths.**
- 7. Finally, gently rock from side to side.**