



GROUNDING & SOOTHING PRACTICE FOR GRIEF

Bilateral Butterfly Hug

Grounding Practice for Grief

This grounding practice uses the Butterfly Hug—a gentle, body-based method to calm the nervous system and bring you back to a sense of inner peace during moments of grief or overwhelm.

1. Find a comfortable seated position and take a few slow, deep breaths.
2. Cross your arms over your chest so that your thumbs rest gently on the soft area where your collarbones meet (the jugular notch), and your hands rest just beneath your shoulders—index fingers touching your clavicles.
3. Begin to slowly and softly tap one hand at a time—left, right, left, right—creating a soothing rhythm, like the gentle wings of a butterfly.
4. As you continue tapping, bring into your imagination a place that evokes inner peace and calm—perhaps a quiet meadow, a tree beside a flowing river, the sound of ocean waves, or a sunlit sandy beach. Let yourself feel what it's like to be there.
5. Notice any sensations, emotions, or images that arise. Allow them to move through you gently, without needing to change or analyze them.
6. Continue for 2–5 minutes, or until you feel a softening or sense of calm return to your body. This practice supports your body's natural ability to self-soothe.