

NAME OF THE EXERCISE: Give yourself a hug

HOW LONG WILL THIS TAKE: Approximately 2 minutes

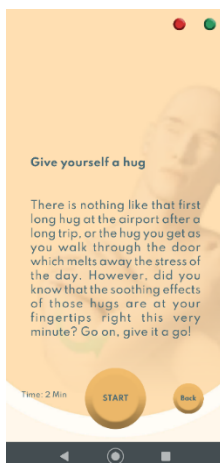
AIM OF THIS EXERCISE: To practise and experience the soothing effects of hugs at your own fingertips

1. To find the exercise, click on “Stress Control” in the exercise tab.

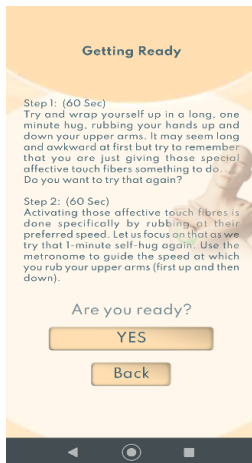


2. Click on “Give yourself a hug” Exercise. Please ensure that you sound/audio in on as it is important for this exercise.

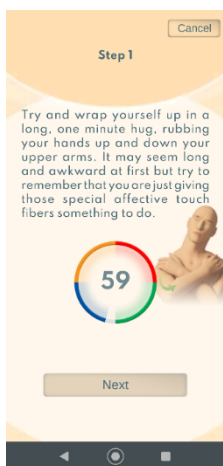
3. You will then be taken to the Exercise description. Click on “Start” when you are ready.



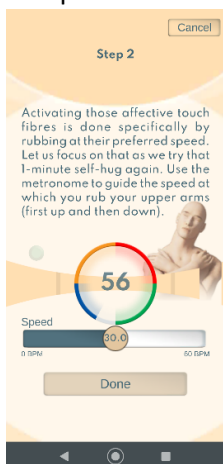
4. Read the instructions for both steps and Click “Yes” when you are ready and you can proceed to follow the instructions of Step 1.



5. For step 1, remember to first rub your hands up and then down in that motion for 60 seconds.



6. Click on “Next” when finished and move on to step 2. Use the metronome to guide the speed with which you rub yourself in the same motion as mentioned above. You can also increase or decrease the speed of the metronome by adjusting the slider on the screen.



7. Click on “Done” when finished with step 2 to move on to the next step.

8. You will then be asked to indicate how you feel after this exercise (on a scale from “worse” to “much better”). Simply click on one of the options.

9. You may also add a note to your diary or make a suggestion about your experience with the app.

