

NAME OF THE EXERCISE: Imagine a hug

HOW LONG WILL THIS TAKE: Approximately 2 minutes

AIM OF THIS EXERCISE: To unlock the potential of our powerful imagination by imagining a hug and activating areas in the brain that a physical hug would activate and reap its benefits.

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

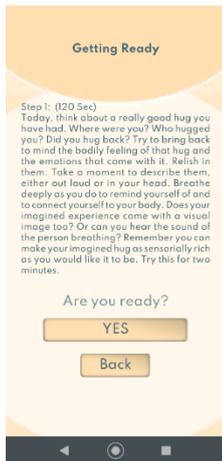


2. Click on “Imagine a hug” Exercise

3. You will then be taken to the Exercise description. You can scroll down on the screen to read the entire description. Click on “Start” when you are ready.



4. Read the instructions for the exercise and Click “Yes” when you are ready.



5. Try to imagine the details of the hug for 120 seconds. Click on “Done” when finished to move on to the next step.



6. 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.

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

