

# GROUNDING FOR THE HOLIDAYS

## BILATERAL STIMULATION

Processing anxiety and traumatic memories around holiday time using a butterfly hug.



## WHAT IS BILATERAL STIMULATION?



### A technique used in EMDR Therapy.

Eye Movement Desensitization and Reprocessing uses bilateral stimulation to activate both sides of the brain simultaneously to reduce the emotional intensity of anxiety or distressing memories.

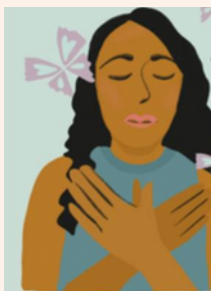
## WHY DO WE PRACTICE?

### Emotional regulation in seconds.

- If you're feeling more emotional lately i.e. anger, sadness.
- if you're feeling anxious or on edge.
- If intrusive memories are coming up that you can't seem to push away.



## HOW DO WE PRACTICE?



### Try a Butterfly Hug.

- Cross your thumbs over your chest
- Interlock your thumbs in the shape of a butterfly
- Alternate tapping each side
- Breathe and feel free to close your eyes
- Continue for 1-3 minutes

## MODIFICATIONS

### Discreet version.

- Place your hands on your lap palms down
- Alternate tapping each side
- Breathe and feel free to close your eyes
- Continue for 1-3 minutes

