**Self-Regulation Techniques**

**Acupressure Breathing**

1. Locate the muscle between your thumb and index finger.
2. Firmly and slowly massage the muscle with the thumb and index finger of your other hand.
3. Massage and breathe in rhythm.
4. Practice by cueing up a memory of a recent disturbance, then shift to using the acupressure breathing.
5. Tap in any positive sensations that you experience.
6. Extend, i.e., rescript and rehearse.

**Belly Breathing**

1. Stand, sit, or lie down comfortably in a quiet place.
2. Close your eyes and loosen any tense muscles. Make sure to relax your shoulders.
3. Place one hand on your upper chest and the other on your belly button.
4. Breathe in slowly through your stomach, letting it expand like blowing up a balloon. Your chest should remain still.
5. Breathe out slowly through your mouth. Feel your stomach move back.
6. Repeat this several times, gradually increasing the time you take to breathe in and out.
7. Practice by cueing up a memory of a recent disturbance then shift to the belly breathing.
8. Tap in any positive sensations that you experiences.
9. Extend, i.e., rescript and rehearse.

**Butterfly Hug Breathing**

1. Cross your arms at the wrists, interlocking thumbs to form a butterfly’s body, fingers to form the butterfly’s wings.
2. Rest the butterfly on your chest, wings pressing on the soft spots just below your collarbone on each side of your chest.
3. Begin your deep calm breathing and have the butterfly’s wings gently tap (one tap per slow second) on the soft spots below your collarbone.
4. Practice by cueing up a memory of a recent disturbance, then shift to the butterfly breathing.
5. Tap in any positive sensations that you experience.

Tap ten to twenty times and then…

Take 5-10 deep belly breathes: 

Return to the Butterfly hug gentle tapping…then breathing…then back to butterfly hug tapping. Keep doing this until you find yourself returning to a state closer to calm.

**Variations to Butterfly**

1. Arms crossed, tapping on elbows/tapping the biceps.
2. Tapping on knees; toes up and down in shoes; heels moving up and down.

Don’t forget to practice, practice, practice!!!