

NAME OF THE EXERCISE: The Lion's Mane

HOW LONG WILL THIS TAKE: Approximately 1 minute

AIM OF THIS EXERCISE: To soothe yourself using touch as you would to help others

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



2. Click on "The Lion's Mane" Exercise

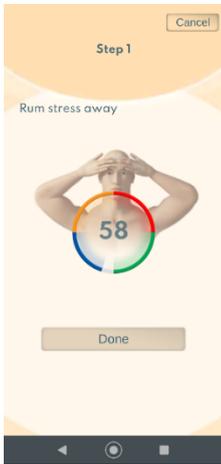
3. You will then be taken to the Exercise description. Click "Start" when you are ready. You can scroll up on the screen to read the complete description.



4. Click "Yes" when you are ready and do the exercise for 60 seconds.



5. Click on “Done” when finished to move onto 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.

