**Playbook to Decrease the Unhealthy Undercurrent of Stress**

*To Heal the Unhealed Wound Seed*

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| **Lowering Mark and his Family's Blood Pressure and Stress Plan****The Power of the Hug Prescription** **Who**: Dad, Mom, and Matt**What**:* Dad will initiate the first hug with his wife (has to be in front of Matt) for 30 seconds. Matt will set the microwave timer. As the hug takes place, Dad will tenderly say one thing he loves or appreciates about his wife in the present or from the past.
* Mom will initiate the next hug with Dad (has to be in front of Matt) for 30 seconds. Matt will again set the microwave timer. As the hug takes place, Mom will tenderly say one thing she loves or appreciates about her husband in the present or from the past.
* After Mom, Dad will hug Matt (has to be in front of Mom) for 30 seconds. Mom will set the microwave timer. As the hug takes place, Dad will say one thing he is proud of Matt for, in the present or from the past

**When:*** Before breakfast at 7:30 am. Monday - Friday (weekends off)
* Date night between Mom and Dad Every Friday Night at 6 pm for Dinner Out
* For next two straight weeks and then reevaluate with therapist

**Where:*** At Home in the Kitchen

**How:*** Dad will initiate the first hug and wife the second (see above)
* Dad will initiate the hug with Matt and before the hug, will give him the $3 in an act of faith that Matt will honor his commitment to fully participate with each hug time (give it his all). As hugs take place Dad will say one thing he is proud of about his son in the present or from the past
* See troubleshooting checklist--But remember "everyone's hug muscles will be *sore and out of practice*" so expect everyone's muscles to be stiff and tense. This is normal.
* Everyone will initially feel weird giving hugs. This is normal. Do it anyway.
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