

Fold me

"Stress is the trash of modern life; we all generate it, but if you don't dispose of it properly, it will pile up and overtake your life"  
- *Danzae Pace*



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# TAPPING: A STRESS MANAGEMENT TECHNIQUE

 Varies

 Varies

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# What is tapping?

Tapping is also known as EFT (Emotional Freedom Technique). It is a powerful holistic healing technique that resolves a range of issues. It's based on the combined principles of ancient Chinese acupuncture and modern psychology.

The basic Tapping technique requires you to focus on a negative emotion at hand. This can be a fear, a worry, a bad memory, or any unresolved problem. You do this while maintaining your mental focus on this issue. Then you use your fingertips to tap 5-7 times on 9 specific meridian points of the body.

Tapping on these meridian endpoints, while addressing the root cause of distress, sends a calming signal to the brain. This allows you to feel relaxed and in control.

## Nine Points

Side of the hand (karate chop)

Eye brow point

Side of the eye

Underneath the eye

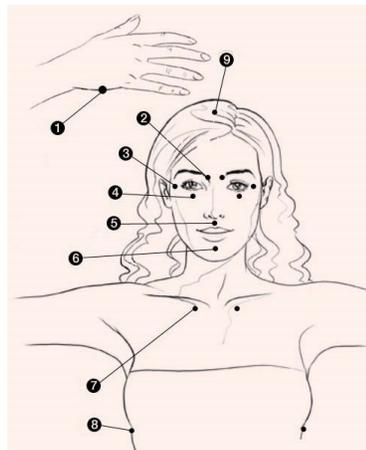
Under the nose

Under the lip (between the lip & chin)

Collarbone point

Under the arm

Top of the head



# Starting to tap

1. What's creating the anxiety in your body? Create a setup statement, state your challenge. (e.g. "Even though I feel worried about the meeting, I accept how I feel and I give myself permission to relax.") While saying your statement, start tapping the side of your hand.
2. Tap through the rest of the points while simply sharing how you feel. (e.g. "I'm worried about the meeting. I'm concerned about what I'll be assigned to do. I'm nervous about not knowing.")
3. Once you're honored the anxiety, you can now move to positive phrases, while tapping. (e.g. "I feel strong and confident I can handle what comes my way. I feel calm that I can find resources to help me. I feel ready for the next step.")

For more information, visit [www.thetappingsolution.com](http://www.thetappingsolution.com). Start your journey to relieve stress!