

## Tapping

Tapping can be a powerful stress relieving technique. Tapping regulates the nervous system by putting the body back into its relaxation response. This supports the immune system, digestive system, reproductive system, and endocrine (hormones) system to function as it should.

### Step by step instruction;

1. Identify a problem/issue you have been having. It can be general anxiety, or it can be a specific situation or issue which causes you to feel anxious.
2. Consider the problem or situation. How do you feel about it right now? Rate the intensity level of your anxiety on a scale of 0 to 10, with zero being the lowest level of anxiety and ten being the highest.
3. Create a tapping statement. Your tapping statement should acknowledge the problem you want to deal with, then follow it with a phrase of acceptance. Tapping statement examples;  
“Even though I am feeling worried, I accept how I feel”  
“Even though I am feeling frustrated with this situation, I accept how I feel”
4. Using four fingers on one hand, begin tapping the Karate Chop point on your other hand. The Karate Chop point is on the outer edge of the hand, on the opposite side from the thumb.
5. Repeat your tapping statement three times aloud, while simultaneously tapping the Karate Chop point. Now take a deep breath.
6. Now, tap about 5 to 7 times each on the remaining eight points on your body, in the sequence described below. As you tap on each point, repeat a simple reminder phrase, such as “my worry” or “my frustration” to help you mentally focus on your issue.

**Eyebrow Point**

Where the eyebrows begin, closest to the bridge of the nose.

**Side of Eye**

On the bone directly along the outside of either eye.

**Under Eye**

On the bone directly under either eye.

**Under Nose**

The area directly beneath the nose and above the upper lip.

**Chin Point**

This is the area just below your bottom lip and above the chin, right in the crease.

**Collarbone Point**

Starting from where your collar bones meet in the centre, go down an inch and out an inch on either side.

**Under Arm**

On your side, about four inches beneath both armpits.

**Top of Head**

Directly on the crown of your head.

And take another deep breath!

Now that you've completed the sequence, focus on your problem again. How intense is the anxiety/worry/frustration now, in comparison to a few minutes ago? Give it a rating on the same 0 to 10 scale. Did you notice a shift?