



Tapping for Stress in the Body

First on a scale of 0-10 rate how stressed you are right in this moment. 10 being very stressed. Just notice what is going on, any sensation in your body, where are you feeling it?

Do you grit your teeth? Do you have stomach pain, a tight jaw, tension in shoulders or in your neck? Notice and rate, then we rate again after we tap, that way you can see how much has changed... and be amazed!

Let's start at the Side of the Hand (SH) and begin tapping.

SH: Even though I am very, very stressed right now.....
I am willing to accept that that's the way it is right now
and I know everything will be OK
Repeat 2 times



Eyebrow: I choose to release this feeling in my body (insert what you're feeling).

Side of the eye: I choose to do the things that I can do now.

Under the eye: And release all this stress about the things I can do in the future.

Under the nose: I choose to trust myself to do what is necessary.

Chin: I choose to clear my mind.

Collar bone: I choose to relax a little and take a deep breath.

Under the arm: I choose to feel good knowing that I am smart and responsible.

Top of the head I choose to feel calm and confident.

Take a deep breath, and rate how you're feeling now. Continue tapping if desired. Make sure to drink water as EFT Tapping is more effective with it.

"Don't believe every worried thought you have.
Worried thoughts are notoriously inaccurate."

—Renee Jain

What Now?

Tap away the daily stress before bed- get a better night sleep.

Tap in the morning, setting your intention for you day.

Make note of things that trigger you. Tap on them later. Don't forget to tap on pain too

Teach it to children, I cannot emphasize this enough.

I have a free tapping Guide for kids, too. Please visit: www.ColletteSchildkraut.com