



ITM Free Resource for Day 8: August 8, 2023

Today's Topic: Stress Relief and Relaxation
Resource Contributor: Amy Mollitor

Today's free EFT Tapping resource is from Practitioner Amy Mollitor. Her topic is, ***Tapping for Stress Relief and Relaxation***.

[Make sure you take responsibility for your actions. Thus, stop if needed. And, if you first need/want to seek the advice of your mental/medical health professional, do so. This resource is not meant as treatment or to be a diagnosis. It is provided merely as information.]

Start by taking a deep breath and tuning into your body. What do you feel? Is there pain anywhere? Tightness? Heaviness?

Say this statement to yourself, out loud or in your mind, "I am so overwhelmed."

How true is that statement on a scale from 0 to 10? Where do you feel that in your body?

What is the overwhelm about? What event/emotion/belief/thought is driving it?

If it's many events/beliefs/thoughts, then bring them all forward and feel them in your body now.

Let's start Tapping...

Side of Hand:

*Even though I feel all this anxiety in my body, I choose to relax and feel safe now.

*Even though I feel overwhelmed, I acknowledge how I feel, and I give my body permission to relax.

*Even though I have worries and stress, I deeply and completely love and accept myself.

TAPPING ROUNDS

Eyebrow (EB): All this anxiety

Side of the eye (SE): All this stress

Under the eye (UE): All this tension in my body

Under the nose (UN): It's really impacting me

Chin (CH): My body feels on high alert right now

Collarbone (CB): These feelings are uncomfortable

Under Arm (UA): I do not like feeling out of control like this

Top of the head (TH): It's scary

EB: There's just so much to do

SE: I need to get it all done

UE: People are depending on me

UN: I'm finding it hard to focus

CH: I need to be in control

CB: Other people handle stress better than I do

UA: Asking for help is a sign of weakness

TH: All this pressure in my body and mind

EB: I feel it so strongly

SE: It feels uncomfortable

UE: I want relief

UN: I want to be able to focus

CH: I want to feel relaxed and calm

CB: What if I can find some relief

UA: What if I can focus

TH: I've been able to do it before



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TAPPING ROUNDS - continued

EB: I'm ready to feel calm and focused

SE: When I'm relaxed, I am able to be creative and find solutions

UE: I give my body and mind permission to relax

UN: I let go of things outside of my control

CH: I am strong

CB: I can handle whatever comes my way

UA: I am resilient

TH: I am creative

EB: I am confident

SE: I am centered

UE: I have all the answers within me

UN: I acknowledge any anxiety I feel and release it with every Tap

CH: Teaching my body and mind how to feel relief

CB: Releasing all this stress and overwhelm now

UA: Releasing all the events and beliefs that do not serve me

TH: Feeling grounded, calm and centered now

Gently stop tapping and take a deep breath.

Tuning into any feeling of stress and overwhelm in your body now, say in your mind or out loud, "I'm so overwhelmed". Do you notice a shift in your original number? Did it go down?

If it went from a 7 to a 5 for example, congratulations, you're letting go and releasing some of that tension and stress in your body.

When you release the feelings of tension, overwhelm and stress in your body, you're actually able to be more focused, productive and creative. You can be more present and calm.

Come back to this tapping session anytime you need a release.

—Amy Mollitor

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