

WHAT IS TAPPING?

Tapping
(also called EFT - Emotional Freedom Techniques) is a mind-body tool that helps calm the nervous system, and reduce stress - by gently tapping on specific acupressure points while speaking simple phrases.



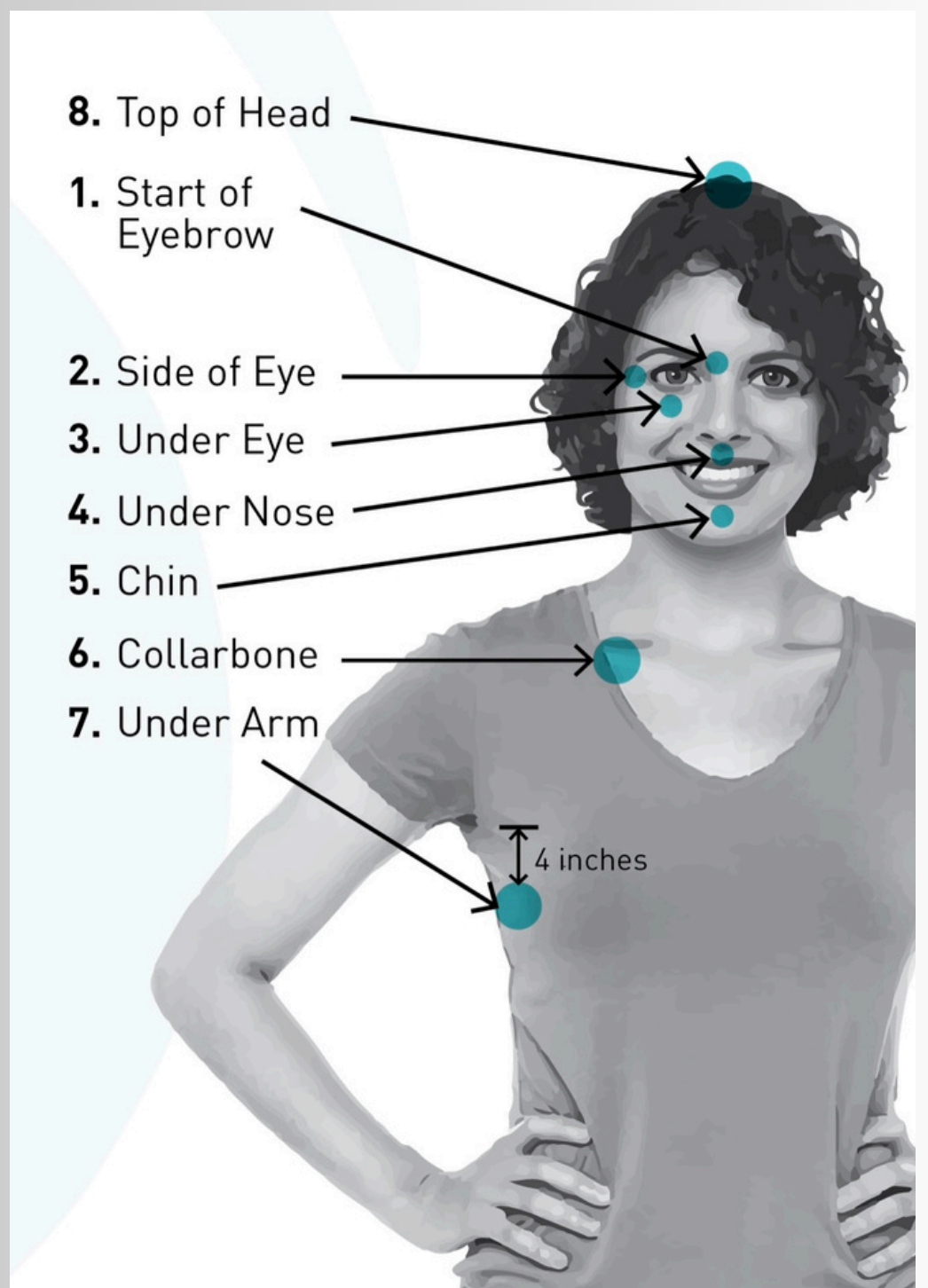
Kate Helder
Wellbeing Advocate-Coach-Speaker

WHERE DO I TAP?

While tapping on the side of the hand, use simple, honest statements.

Start with how you feel:
“Even though I feel anxious about tomorrow, I accept how I feel.”

After tapping on the side of your hand with how you feel 3 x (stating what is true for you in the moment), you now tap through the 8 points, just focusing on the main feeling (anxious).



HOW LONG DO I TAP?

You don't need long sessions.

1-5 minutes of tapping can make a noticeable shift.

Just tune into your body - you'll often feel when it's time to stop or when something has shifted.

**REMEMBER - YOUR BODY HOLDS
THE KEY.**

**REACH OUT IF YOU'D LIKE TO
LEARN MORE**



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