

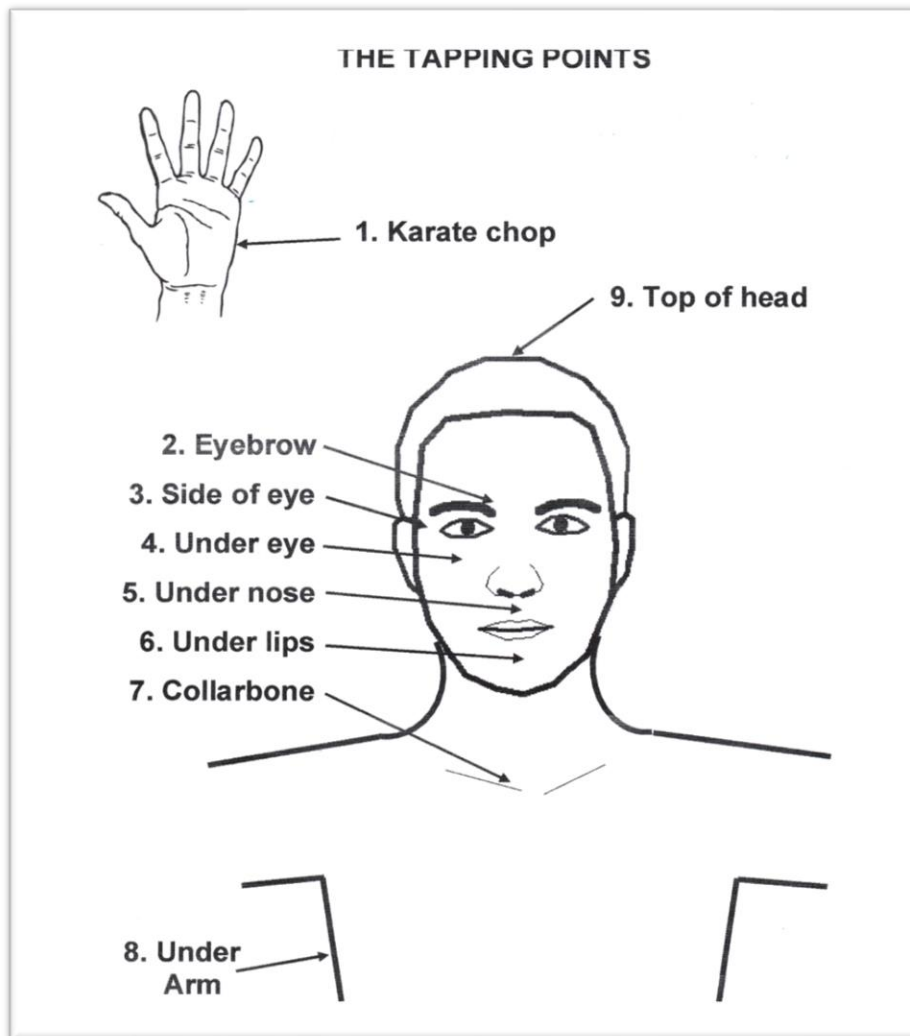
## TAP AND BREATHE EXERCISE

When your mind is racing, or when you are very stressed or angry try this

Tapping Exercise:

- Tap on each of the Tapping Points (From karate chop to top of the head)
- Repeat key phrases (What you are feeling and thinking) *Example: I'm so angry, I feel so sad, I feel frustrated, I don't know what to do, etc (BTW- it's okay to swear).*
- Take a deep breath & exhale slowly after every round or as needed.
- Continue Tapping and breathing until you begin to feel calm.
- It can take 10 to 15 minutes if you are highly agitated.
- Do the exercise once (or more) a day if you are going through a difficult time.

### THE 9 TAPPING POINTS



Tapping is also known as Emotional Freedom Technique (EFT)  
Developed by Gary Craig