

 *EFT*
Tapping
Guide for
Stress Relief



A Simple, Science-Backed
Practice to Calm
Your Nervous System





What is EFT Tapping?

EFT (Emotional Freedom Technique) is a powerful mind-body tool that combines gentle tapping on acupressure points with focused affirmations. It helps:

- ✓ Reduce cortisol (stress hormone) by up to 43%
- ✓ Rewire emotional patterns and negative thought loops
- ✓ Signal safety to your brain and shift your nervous system from fight-or-flight to calm and regulated

Ready to tap? Let's begin!



Step 1 –

Identify & Rate Your Stress Level

Take a deep breath.

What's bothering you right now?

- ✓ Name the feeling (stress, anxiety, overwhelm, tension, etc.).
- ✓ Notice where you feel it in your body.
- ✓ Rate the intensity on a scale of 0 to 10 (0 = no stress, 10 = extreme stress).

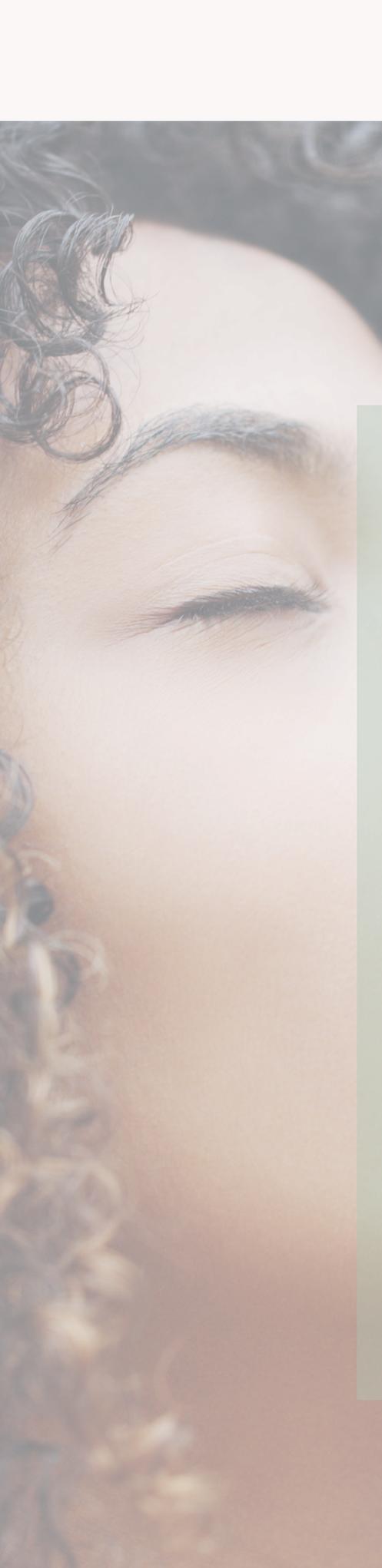


Step 2 – Setup Statement (Karate Chop Point)

Tap on the side of your hand (karate chop point) while repeating this affirmation three times:

“Even though I feel (stressed/anxious/overwhelmed) I choose to love, honour, and accept myself.”

This step acknowledges the emotion while creating space for self-acceptance and change.



Step 3 – Tapping Sequence

Tap 5–7 times on each point while saying a short phrase that describes how you feel.

- ✓ Third eye (between the brows): “I choose to feel calm”.
- ✓ Temple: “I choose to breathe deeply and feel at peace.
- ✓ Bone under the eye: “I allow myself to embody calm”.

Step 3 – More Tapping

- ✓ Between Nose + Mouth: “When I doubt my capabilities, I thank my ego for its opinion”
- ✓ Chin: “And remind myself that my ego does not have dominion”
- ✓ Collarbone: “I’m not anxious about the future. I know it will work out, as it always has.”
- ✓ Rib Cage: “And I’m not disappointed by my past, it’s already gone.”
- ✓ Crown of Head: “In this moment, I choose to remember that I am safe and I am always protected.”

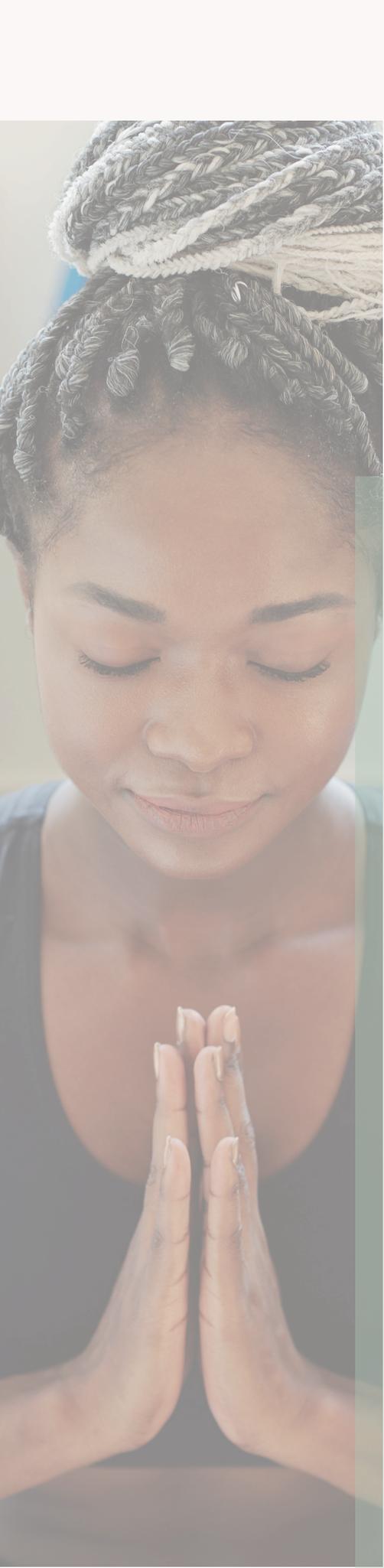




Step 4 – Check-In & Repeat If Needed

Take a deep breath and check in. How does your stress level feel now?

- ✓ Rate your intensity again (0-10).
- ✓ If it's still high, do another round, adjusting the words to fit how you feel now.
- ✓ Keep tapping until you feel a noticeable shift in your energy.



Step 5 - Positive Reframing (Final Round)

Tap through the points again, but this time, use positive and calming statements:

✦ “I am safe.”

✦ “I am grounded and present.”

✦ “I choose to let go of stress.”

✦ “My body and mind are relaxed.”

✦ “I feel lighter and more at peace.”

Step 6 - Notice the Shift

Take another deep breath. How do you feel now? Most people feel lighter, calmer, and more in control after just one or two rounds of tapping.

Use this technique anytime stress or overwhelm takes over.

The more you tap, the faster your body learns to regulate itself.

Save this guide & practice daily for best results!



May you be CALM,

Aneeta Pow ♡