

**Your body holds stress, but your
fingertips hold the key to release
it. Tap into your calm. ✨👐**

#EFTTapping

#EmotionalFreedom

EFT Tapping (Emotional Freedom Technique)

Why it Works:

- Uses **acupressure points** to send a calming signal to the brain.
- **Lowers cortisol levels**, reducing stress and anxiety.
- **Helps process trapped emotions** by combining tapping with verbal affirmations.

How to Practice EFT (Step-by-Step Guide)

◆ **Step 1:** Identify the Issue

- Choose a specific stressor or emotion (e.g., "I feel overwhelmed by work").
- Rate the emotional intensity on a scale of 0-10 (10 = highest distress, 0 = no distress).

◆ **Step 2:** Create a Setup Statement

- Tap on the karate chop point (side of your hand) while saying:
- "Even though I feel [emotion], I deeply and completely accept myself."
- Repeat 3 times before moving to the next step.

- ◆ **Step 3:** Tap on the Following Points (5-7 times each):

Tapping Point and Affirmation Examples

Eyebrow (EB) - "I feel overwhelmed."

Side of Eye (SE) - "This stress is weighing on me."

Under Eye (UE) - "I hold tension in my body."

Under Nose (UN) - "It's hard to relax."

Chin (CH) - "I want to feel calm."


Collarbone (CB) - "I release this stress."

Under Arm (UA) - "I choose peace."

Top of Head (TH) - "I allow myself to relax."

◆ **Step 4:** Reassess Intensity

- After one full round, rate the emotional intensity again (0-10 scale).
- Repeat as needed, gradually shifting to positive affirmations:
 - "I am safe in this moment."
 - "I trust my ability to handle stress."

 **Pro Tip:** EFT works best when combined with deep breathing and visualization.