

Tapping daily to begin calming the nervous system

Stress and anxiety often mean your nervous system is stuck in overwhelm

In anxiety, the nervous system is stuck in a 'fight or flight' response. Sensations can be anywhere in your body but commonly you may experience tightness or tingling/ agitation perhaps in chest, shoulders or neck, difficult or shallow breathing, stomach feeling upset or tight. You may have persistent worries that you think about often and this feeds the anxiety cycle.



Tapping on specific acupressure points calms the body and mind.

To start calming the overwhelmed nervous system and active mind, tapping twice a day can be a good first step.

Find two daily times when you will spend 10 minutes just tapping on these points. This might be first thing in the morning, at lunchtime or before bed.

Set a timer and let's get started!

Tap on the Karate Chop area: To begin, tap on the hand karate chop area while you tune into how you're feeling. Just notice the thoughts and feelings. Give yourself a bit of space in this.

State your best level of self acceptance that feels true. If you can, "I love and accept myself" or "I accept this is what's going on for me".

Tap on each of the body points: Then tap on each of the points (either side of the body, using one or two fingers of either hand) for about the length of a breath. Then move to the next point. Don't worry about what to say along with tapping, or what you are tapping to change.

Alternatively you can use the finger points shown if you are in a setting where you aren't comfortable tapping body points.

Rinse and repeat: When you have finished with the under-arm point, just start over at the top of head and continue until the time is up. Relax and notice what you are thinking and feeling. If you yawn or sigh, it often means that some feeling is releasing.

If you start to feel an emotion or pain arise, don't try to focus on why it might be coming up. Also don't think you're making it worse and stop. Continue tapping to give it a chance to shift or fade, even if this means you go an extra minute.

You may feel better at the end of the ten minutes or you may not feel very different. That's okay.

Over time you are calming your overwhelmed nervous system.

