



TAPPING

ENERGY TAPPING POINTS

- Rest hands in the centre of chest/heart.
- Deep even breath **in & out** x **3 breaths**.
- Gift yourself a positive "set up" e.g CALM while tapping on each point from **top of head** to **side of hand**.
- Return to heart position for x **3 breaths**.
- Repeat till you reach **+7** or higher!

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Stress Less