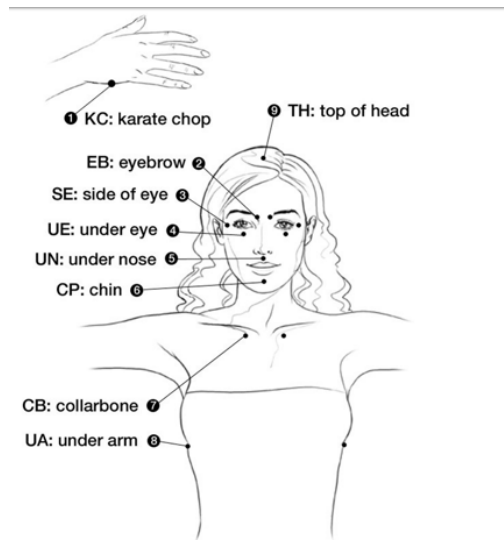


What is Tapping?

Tapping also known as EFT (Emotional Freedom Technique) based on principles of Chinese acupressure points and modern psychology. It helps to lowers cortisol (stress hormone), reduces stress, anxiety, it helps improves sleep, relieve pain and more.

Where do I Tap?

- Top of head, edge of eyebrows in centre
- Side of eyes, outside of eye
- Under eyes, on the bone
- Under nose, above lip
- Chin point, below lip in the crease
- Collarbone, inch below and an inch out where collarbone meets
- Under arms, 4 inches below armpit
- Karate chop side of hand



Videos

- How to tap
 - <https://www.youtube.com/watch?v=pAclBdj20ZU>
- Tapping and calming anxiety and stress
 - <https://www.youtube.com/watch?v=TnbRcO43CD8>
- The Tapping Solution (lots of videos)
 - <https://www.youtube.com/@TheTappingSolutionChannel>