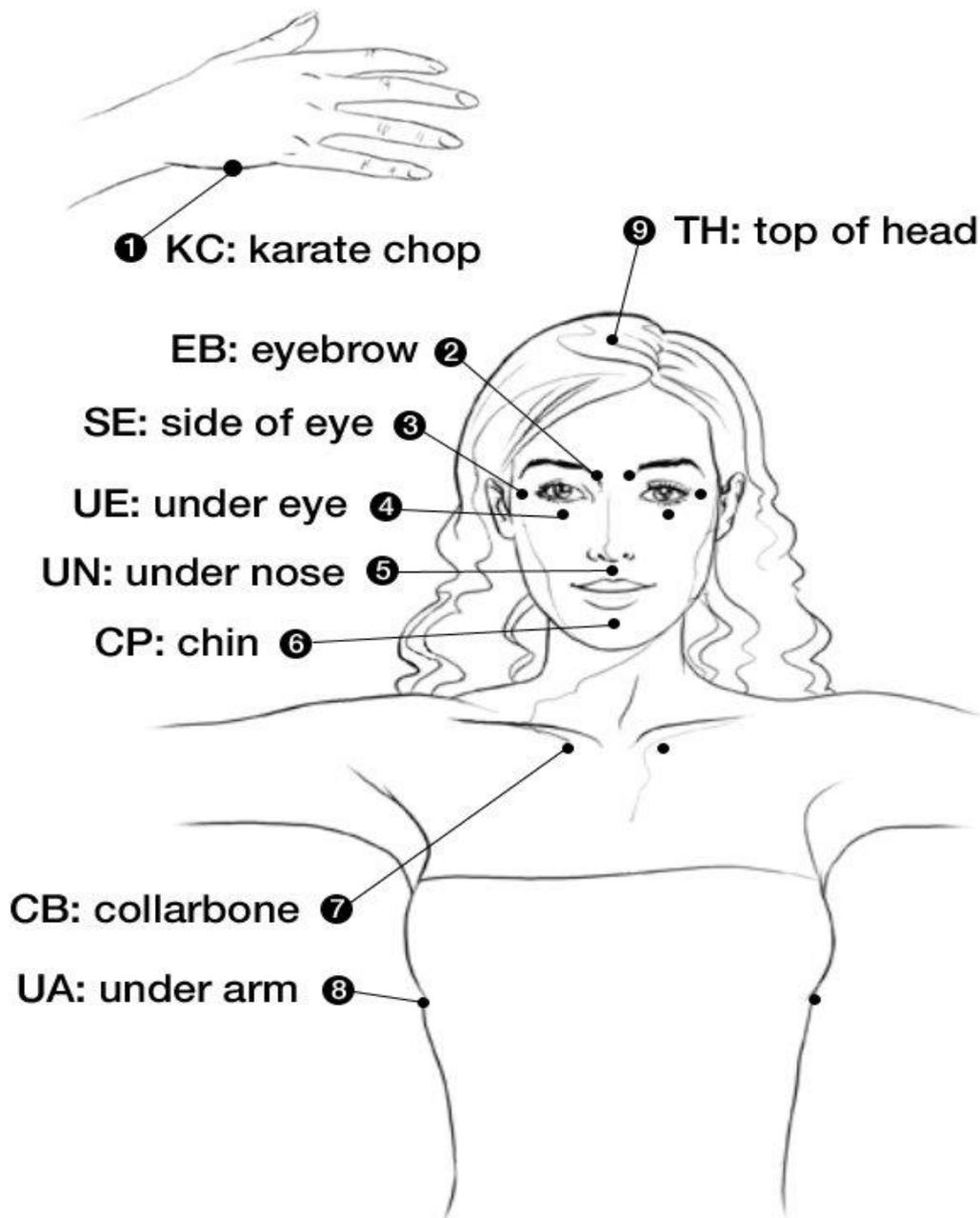


**EMOTIONAL FREEDOM TECHNIQUES** – INFORMATION TAKEN FROM

Wendy at <https://lifeandbusinesswithwendy.com/eft-for-stress-relief/>

and added to by Ashling (Ashling Carolan EFT and Energy Therapist)



[www.tappingsolution.com](http://www.tappingsolution.com)

Emotional Freedom Techniques – EFT for Stress relief. If you only ever do EFT for one thing, do it for stress. I can't even begin to tell you how important this is for health, for general wellbeing and for achieving your goals in life.

Stress plays a big part in most people's life and sadly most people only pay attention to it when the levels are super high and causing big problems. I want you to deal with stress even when it's at low levels and especially when it's at those high levels.

In this post, I'm going to talk about 'Stress Talking' – I'll share a quickfire EFT Script that as the name suggests you can do quickly to relieve stress and I'll share two ideas to help release more serious stress levels and share some tips to help you understand how to make the most of EFT for stress relief.

Put both your hands on your heart chakra (middle of chest) take a deep breath and say de – stress, do this three times. Next..

Set up – Whilst tapping the side of your hand say "I release any stress I am holding on to. Repeat 3 times

Tapping points – top of the head, eyebrow, side of the eye, under the eye, under the nose, under the mouth, collarbone, side of the hand. Simply say the word de - stress. Work through each of the tapping points saying the word stress. I encourage you at this stage to also take a nice deep breath in and out between the tapping points. (Short version 1).

## **Quickfire EFT for stress relief**

The beauty of the quickfire sessions is that they are quick and easy to remember, no complicated wording. You can pop into the bathroom and do a few rounds if you're feeling stressed at an event for example. I've done this kind of tapping many times sat in my car before going into a meeting, etc.

It's also perfect when you need really quick relief. In this quickfire session, I'm going to use 2 different statements only – I will alternate between "Releasing this stress" and "I'm Calm and Relaxed" you can change the wording as you want. Sometimes you might want to say "I'm Calm and confident..." Use whatever words fit how you want to feel.

Start with clearing the stress and follow up with how you want to feel.

Hands you're your heart chakra (middle of chest) taking a deep breath in and on the out breath say de – stress. Repeat 3 times.. Next, tap each point a few times and say, what is written beside the tapping point. Follow the points below

- Top of the head – Releasing this stress
- Forehead – I'm calm and relaxed
- Eyebrow – Releasing this stress
- Side of the eye – I'm calm and relaxed
- Under the eye – Releasing this stress
- Under the nose – I'm calm and relaxed
- Under the mouth – Releasing this stress
- Collarbone – I'm calm and relaxed
- Side of the hand – Releasing this stress

Focus on your breathing whilst tapping and saying your statements. Breathe in calm, breathe out any stress. Do this for as many times as is necessary. You can finish with a round of just I am calm and relaxed and I am safe.

Both hands on your heart chakra, take a deep breath in and say I am calm, relaxed and safe and ready to have a great day.

## Releasing stress at a deeper level

Below I will share the steps to release stress at a deeper level. Give yourself plenty of time to work through this EFT for stress relief session.

### Step 1

I want you to focus on how you feel right now and give that feeling a number between -10 (minus 10) and 0.

– 10 means that the feeling is very intense and at zero you would feel neutral, feeling okay but not positive. Write your number down.

### Step 2

Have a drink of water as this will help with your energy flow and place your hands over your chest (one hand on top of the other) – This is the heart healing position and we are going to now use the Heart and Soul Tapping style.

With your hands gently in the heart healing position focus on your breathing. Take 3 nice, slow, deep breaths in, hold for 3 seconds and slowly release and then relax your breathing to a nice steady rhythm.

### Step 3

State why you are tapping keeping your hand in the heart healing position. There are 3 ways you can do this.

- I'm tapping to release this stress
- If you know that you are stressed about something specific, you can say "I'm tapping because I feel stressed... (then go on to explain why you are stressed) – Example – I'm tapping because I feel so stressed with all the work pressures I have going on at the moment"
- If you don't really know why you feel stressed or you don't want to actually put it into words, simply focus in on the feeling and say "I'm tapping on this feeling"

### Step 4

Let's start tapping. You're going to really focus on the way you feel and tap on the EFT points outlined and say either "This stress" or "This feeling"

The important thing when you start tapping, is to focus in on that feeling. The tapping points you are going to use are...

- Top of the head
- 3rd eye – middle of the forehead
- Eyebrow (the thick point)
- Side of the eye
- Under the eye
- Under the nose
- Under the mouth
- Collarbone (Gentle, use your fist and tap the bone at the base of your neck)
- Side of the thumb
- Side of the index finger
- Side of the middle finger
- Side of the ring finger
- Side of the little finger

Remember to keep your breathing nice and relaxed. Take a nice deep breath at each tapping point.

I'd like you to do two full rounds doing this and then move to the next step.

### **Step 5**

Check in with how you feel now. What is your number now? Remember that minus 10 is where the feeling is really intense and 0 is neutral.

Hopefully, your number will be closer to 0 now but don't worry if it's not yet, just continue with the breathing and keep tapping. Nice and slow, don't try to rush things when your stress levels are high.

### **Step 6**

Once you get to zero or close to it, you can switch to **positive EFT** and tap in the feeling you want (happy, calm, etc). In the example earlier I used "I'm calm and relaxed" This is definitely a statement that works well for me personally but you can use whatever you want. At this stage, it's a really good idea to ask yourself "How do I want to feel now?" get your answer and tap on that.

I like to stand up and move around when I'm doing positive EFT, this really gets the positive energy flowing really nicely and you start pumping out positive vibrations out into the Universe. This is a very good thing for you.

I personally like to switch to quickfire tapping for positive EFT using less of the tapping points but do whatever you feel you prefer.

These are the tapping points I like to use...

- Top of the head
- Eyebrow
- Side of the eye
- Under the eye
- Under the nose
- Under the mouth
- Collarbone
- Side of the hand

Do as many of these positive EFT rounds as you want

Going back to that number scale we can the go up to **PLUS 10** where you're feeling absolutely fantastic.

Finish by putting both hands on your heart chakra and lock In that positive feeling by taking a deep breath and saying that positive feeling. Repeat 3 times.

## **An alternative way to tap**

An alternative way to use EFT for stress relief is to use the tapping points and as you tap and move through the tapping points, talk about why you're feeling stressed. Simply say anything that you are feeling even if to anyone else it wouldn't make any sense.

Imagine that I am there with you and I've asked you to tell me about how you feel and why you think you are feeling this way.

EFT for stress relief is powerful and it's ALWAYS time very, very well spent.

Taken from <https://lifeandbusinesswithwendy.com/eft-for-stress-relief/>