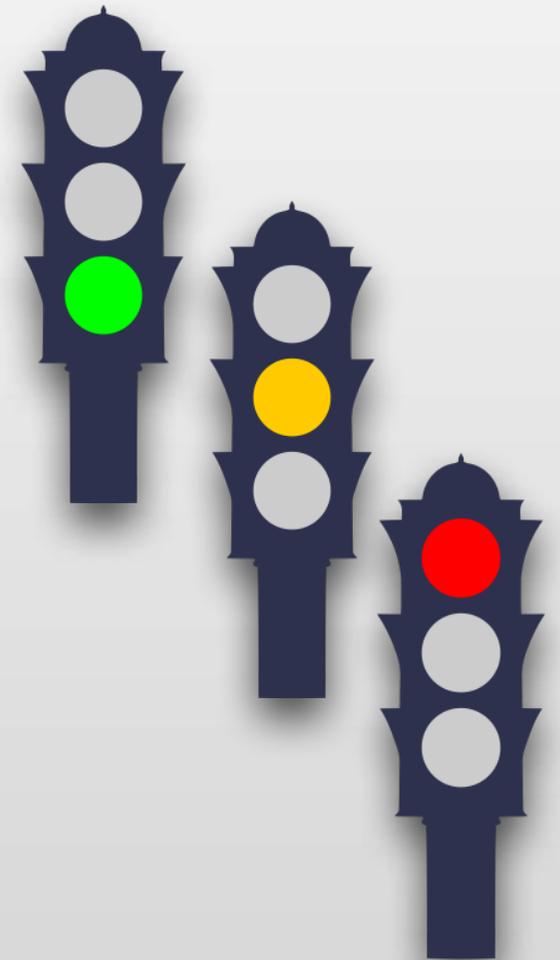


# Traffic Light Tapping

Stress Calming  
Self Help and First Aid

Gwyneth Moss

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



# Traffic Light Tapping

- Tapping for First Aid and Self Help
- When Stress is getting to you
- Quick and simple
- Calms your body so your mind can be clear and you can keep going
- **FIRST WASH YOUR HANDS**
- Thoroughly... as if you had chopped chillis and need to change a contact lens



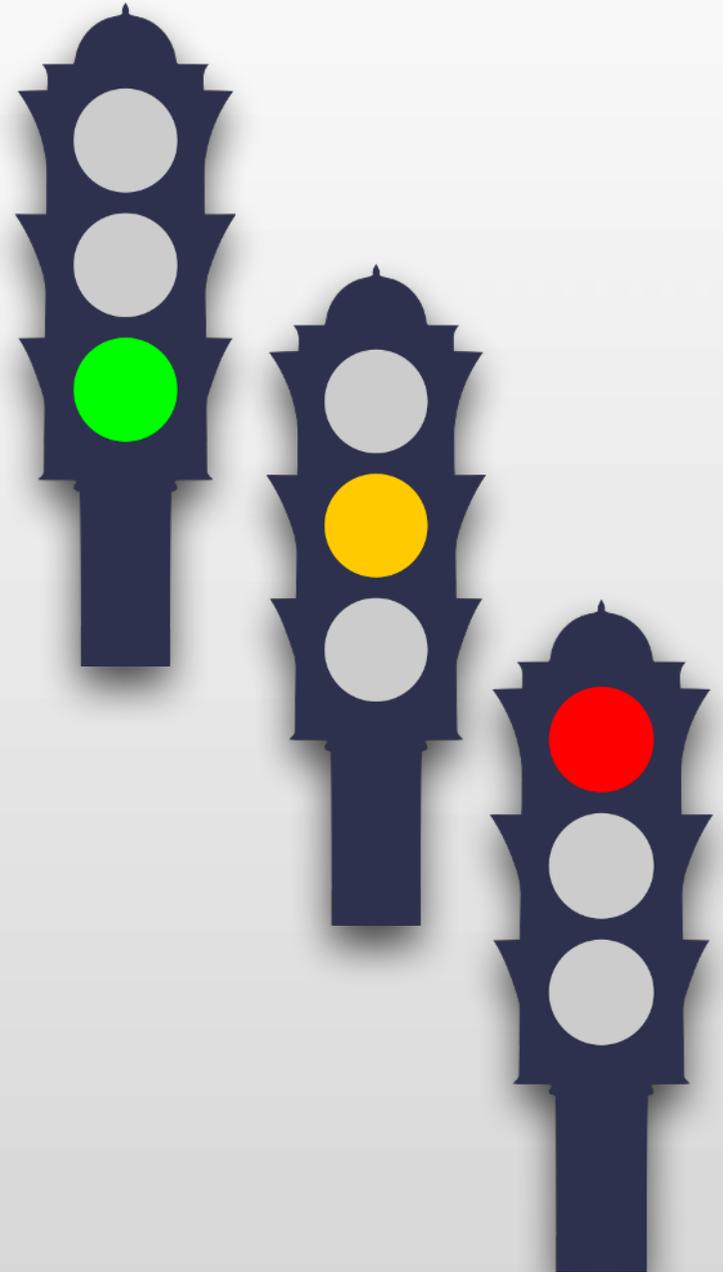
# What is Stress Like for You?

- How does stress affect you?
- What happens in your body?
- Notice your breathing, heart rate, skin, tummy, movement, thoughts,
- We are all different
- Get to know your own stress signs
- Keep an eye on them



# Traffic Lights

- Measure your stress levels
- GREEN means ok, calm enough, clear enough, getting on with things, keep going
- AMBER is a warning that stress is increasing, time to slow down
- RED is STOP, stop and TAP now!
- It is dangerous to go through a RED light!
- **STOP! TAP! NOW!**



# RED. Stop. Tap. Now.

- When you get a RED light of stress
- Stop and Tap immediately
- WASH YOUR HANDS
- If you cannot wash your hands use the finger points and collarbone point only or a tapping toy
- Good idea to stop and tap on AMBER too, it helps you slow down



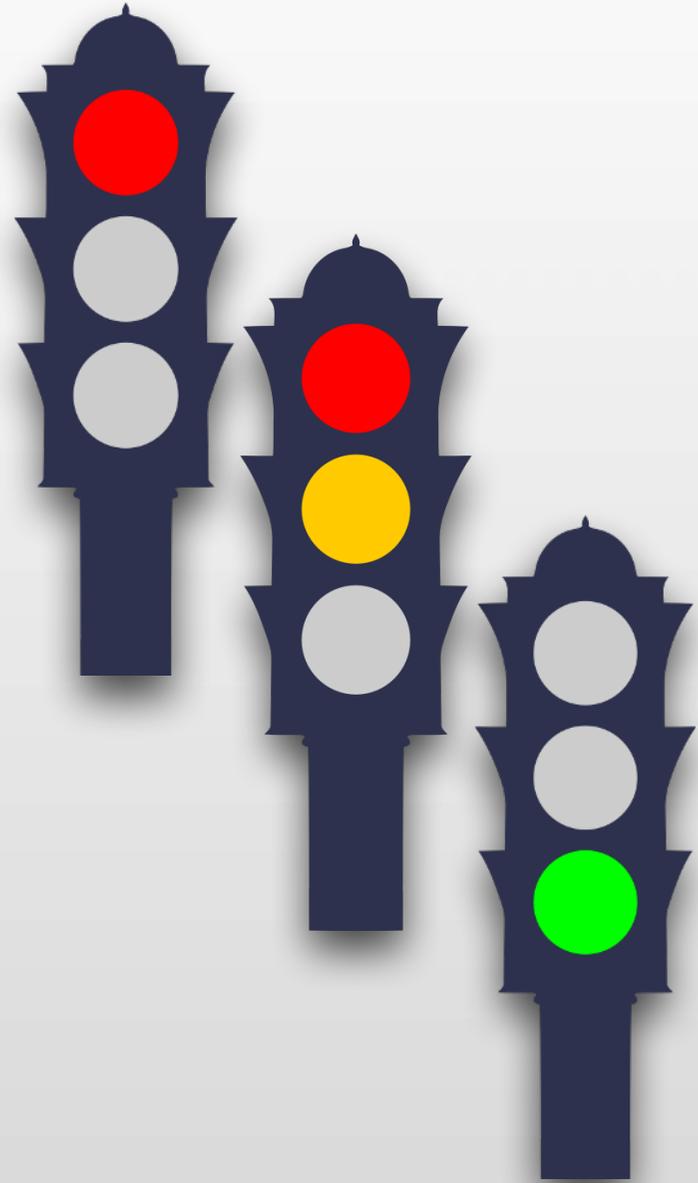
# Breathe>Tap>Breathe>Tap>Breathe

- Take two or three deep, slow breaths
- Start tapping just below the base of the little finger, on the side of your hand
- Then Tap each of the points 12-20 times:
  - Beginning of eyebrow
  - Outer corner of eye
  - Under eye
  - Above top lip
  - Below bottom lip
  - Just below bump of collar bone
  - Under arm at bra strap level
  - Go back to collar bone
- Take two or three deep slow breaths again
- REPEAT the whole thing - a wash and a rinse



# Keep Tapping

- What's your Traffic Light now?
- If its still RED repeat the whole process
- If its AMBER repeat the whole process
- Keep tapping till you get GREEN
- Breathe>Tap>Breathe>Tap>Breathe

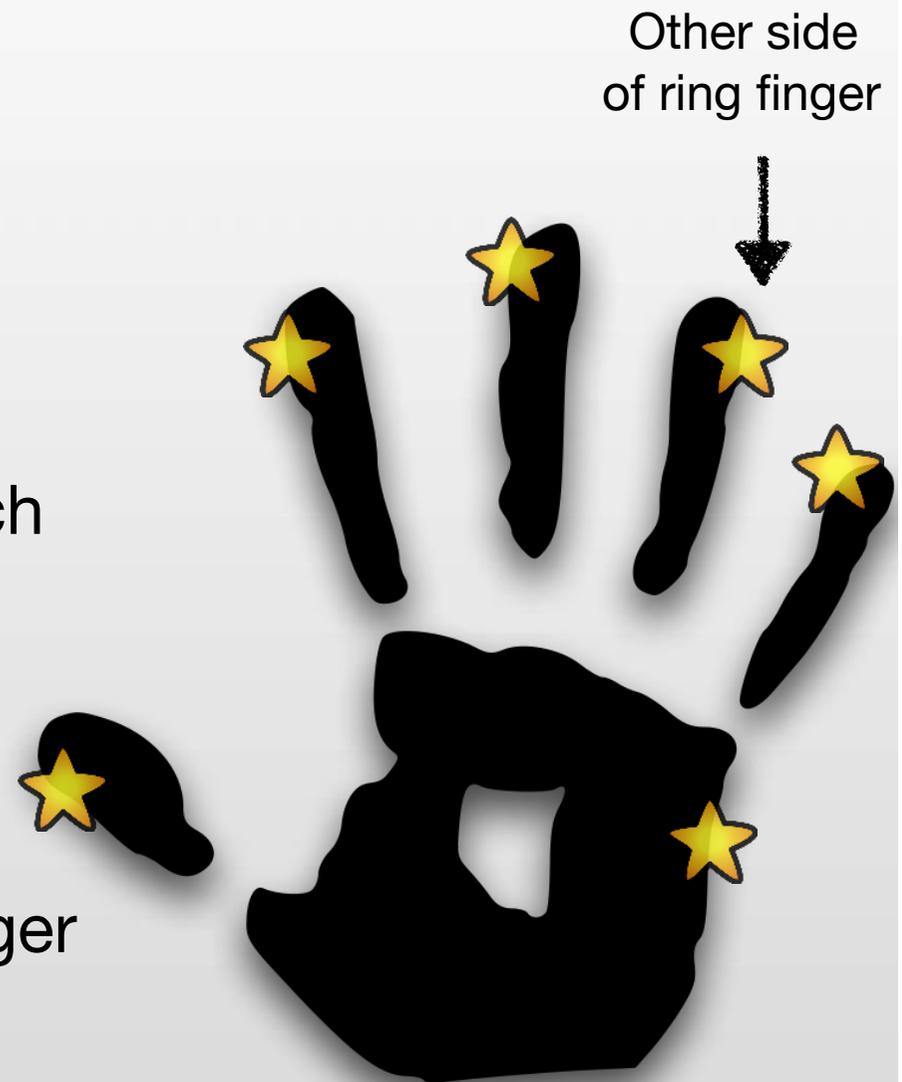


1. Traffic Light
2. Breathe
3. Tap
4. Breath
5. Tap
6. Breath
7. Traffic Light



# IF you Can't Wash Your Hands

- Use the finger points instead
- Start with side of hand
- Tap on the side of the nail of each finger and your thumb
- Then tap the collarbone point
- You can tap or squeeze your finger tips anywhere and anytime



# Tap on Teddy Instead

- If you don't want to touch your face
- Follow the same Traffic Light Tapping process
- **Breathe>Tap>Breathe>Tap>Breathe**
- For the two tapping rounds, tap on your teddy as if you were tapping on yourself
- Mirror neurons are probably what makes this work



# Keep an Eye on Your Stress

- Make tapping a daily habit
- Find something to remind you
- Keep monitoring your stress levels
- A RED light is danger... STOP! TAP! NOW!
- On AMBER... SLOW DOWN! TAP! SOON!
- GREEN... keep going

