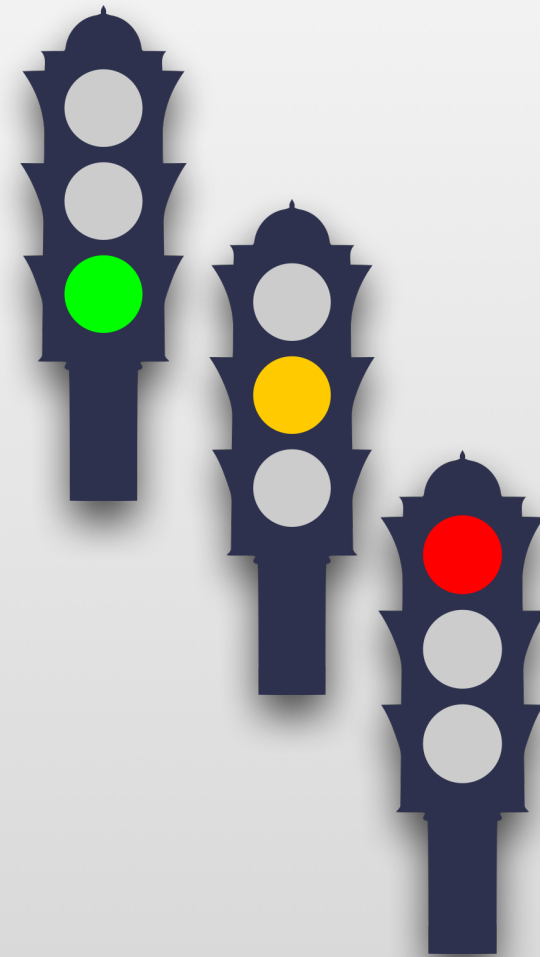


Traffic Light Tapping

Self-Help and First-Aid
Calm-Down

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Traffic Light Tapping

- Tapping for First-Aid and Self-Help
- When Stress and Anxiety are getting to you or you just feel tense and out of sorts
- 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 had something in your eye



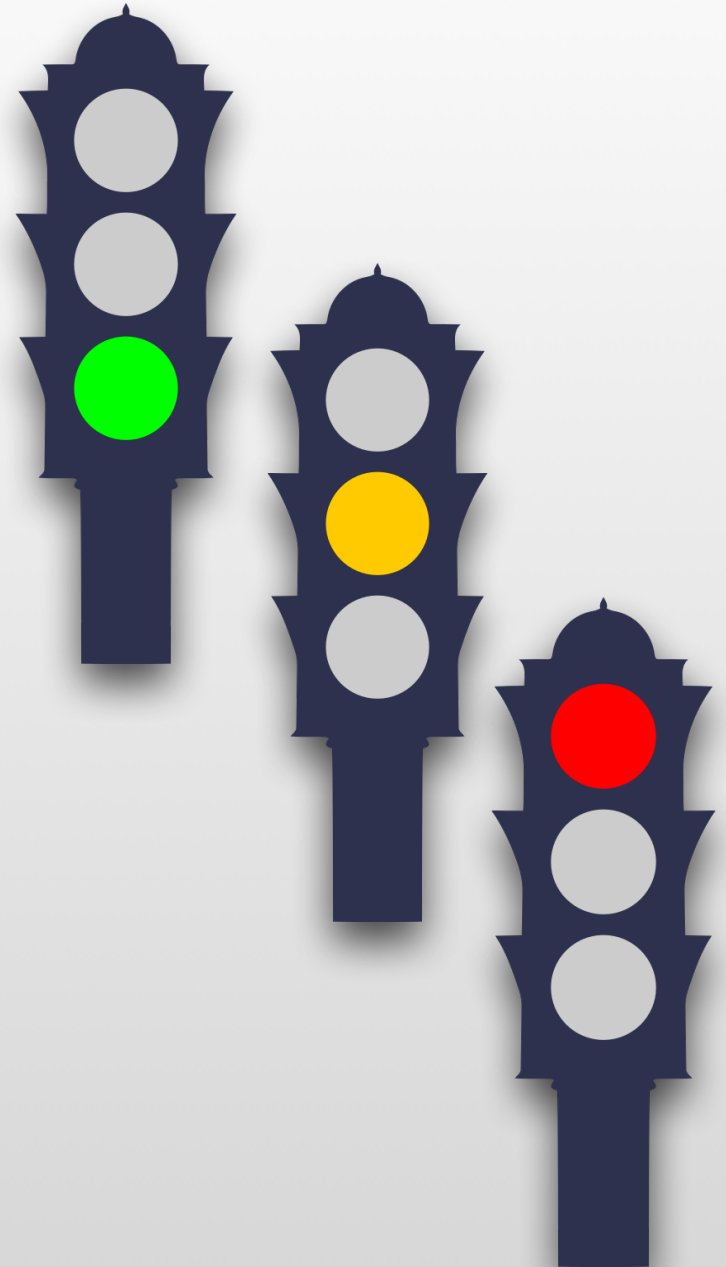
What is it Like for You?

- How do stress, anxiety and worry 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 do the Tapping
- Don't go through a Red Light
- You don't have to say anything
- You don't have to think about anything
- You don't analyse anything
- Your mind can wander or just go blank



Breathe>Tap>Breathe>Tap>Breathe

- Take two or three deep, slow breaths
- Start tapping just below the base of the little finger,
- 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 tapping points - 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. Breathe
5. Tap
6. Breathe
7. Traffic Light



Finger Points

- If you can't wash your hands or you'd feel silly tapping on your face
- Use your finger points instead
- Start with side of hand
- Tap on the side of the nail of each nail
- 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



There is Lots More to Learn

- Traffic Lights Tapping is just the beginning of a journey of learning to help yourself and to help others
- We can use words to focus the tapping, that is a therapy called EFT Emotional Freedom Techniques
- Treat yourself to an appointment with Gwyneth for expert help EFThelps.com/eft-appointments
- Train online with Gwyneth to become a certified EFT Practitioner
EFThelps.com/eft-practitioner-training/

