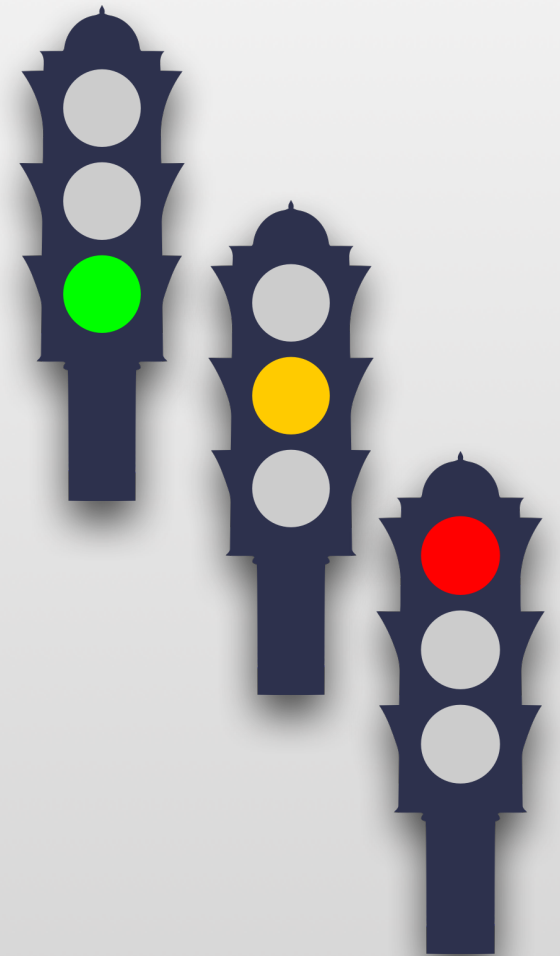


# Traffic Light Tapping

Stress Calming  
Self Help and First Aid

Gwyneth Moss

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



# Traffic Light Tapping

- Acupressure Tapping for Emotional First Aid and Self Help
- Quick and simple when Stress and Anxiety is getting to you
- A daily habit like brushing your teeth
- Calms your body so your mind can be clear and you can keep going
- You will be tapping on your face so  
FIRST WASH YOUR HANDS



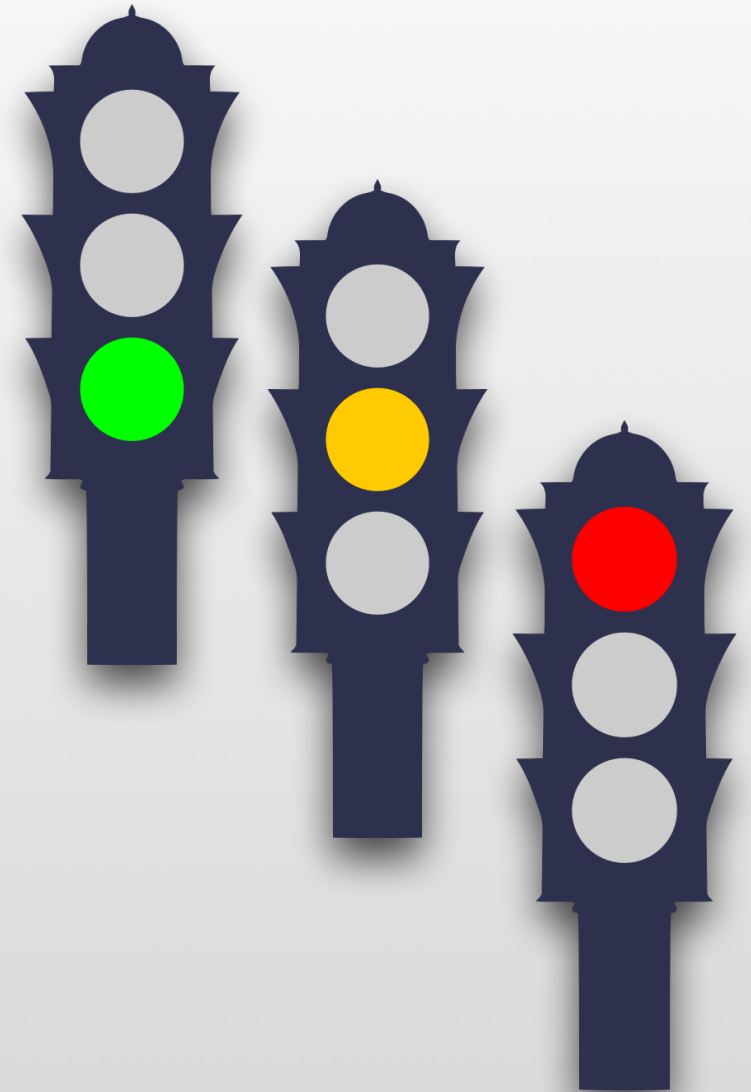
# Know Your Stress Signals

- What happens in your body when you are stressed or anxious?
- How does your body give you signals to slow down or stop?
- Notice your breathing, heart rate, skin, tummy, movement, thoughts,
- Do you ignore them? Try to soldier on? (yes we all do)
- We are all different, get to know your own body's stress signal



# Notice Your Body Signal

- What is happening in you right now?
- Just notice, don't analyse
- 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 no



# Now Take Three Breaths

- Three Normal Breaths
- Gently In
- Slowly Out

The word "BREATHE" is displayed in large, bold, blue capital letters. The letters are filled with a pattern of white, fluffy clouds against a clear blue sky, creating a visual metaphor for breathing.

# Then We Tap

- Tap gently on these on face and body points
- As you tap your mind can go blank or can wander. You don't have to say anything or even think about anything
- You Tap a dozen times or more with several finger tips, work downwards from the eyebrow point to the underarm, return to the collarbone
- Tap one one side or both sides together
- Go as slowly as you like
- If a point is uncomfortable, be extra gentle, or miss it out



# The Tapping Points

- Base of little finger on side of hand
- Beginning of eyebrow
- Outer corner of eye
- Under eye on edge of bone
- Above top lip
- Below bottom lip
- Just below bump of collar bone
- Under arm at bra strap level
- Go back to collar bone





# Rinse and Repeat

- We tap twice, like a wash and a rinse
- Breathe then Tap
- Breathe then Tap
- Breathe again
- Notice your signal, is it the same or different?
- Do it all again





# Breathe Again, Tap Again

- What's Your Signal
- Three Breaths
- Tap round the points
- Three Breaths
- Tap round the points
- Three Breaths
- What's Your Signal Now?

**BREATHE**



**TAP**

**BREATHE**

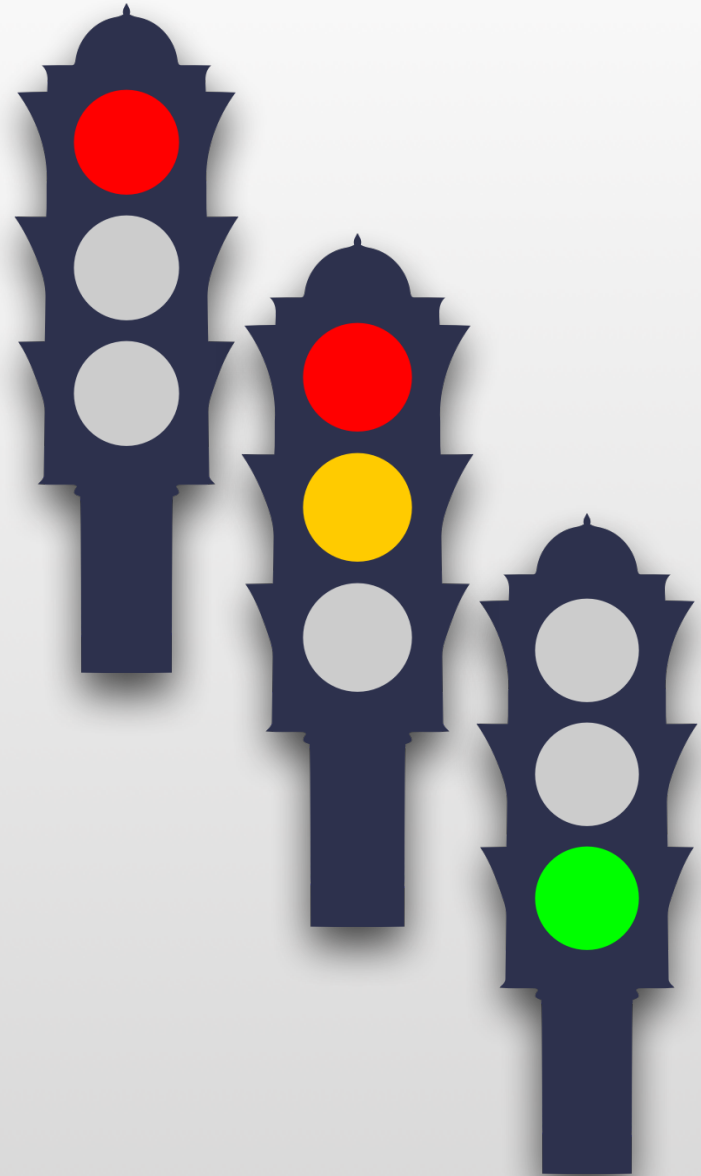


**TAP**

**BREATHE**

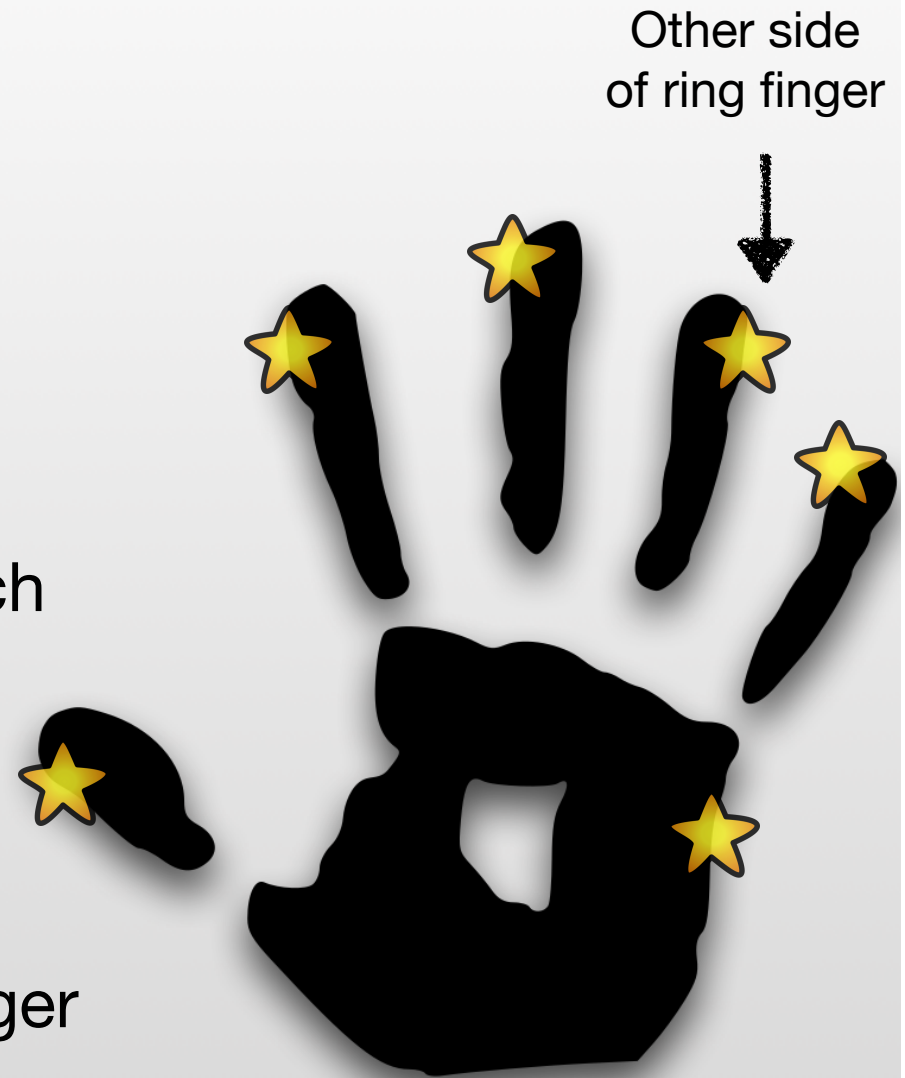
# Keep Tapping

- 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



# Finger Points are Discreet

- When you can't tap the face points, tap your finger points
- 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



# Three Point Shortcut

- For a quick anxiety calmer
- Tap these three points, both sides
  - Under Eye
  - Collarbone
  - Under Arm
- Go round and round several times
- Take a few breaths and repeat



# Your One Point

- Everyone has one point that makes the most difference
- For many people it is the collarbone point
- You can tap or rub this point without anyone noticing
- Its your emergency point



# 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 neurones are probably what makes this work



# Make Tapping a Daily Habit

- Make tapping a daily habit like brushing your teeth
- Find something to remind you, when you put the kettle on, or go to the bathroom
- Keep monitoring your stress levels, use tapping as stress First Aid
- A RED light is danger... Stop! Tap!
- On AMBER... Slow Down, Tap Soon
- GREEN... keep going





1. Body Signal
2. Breathe
3. Tap
4. Breathe
5. Tap
6. Breathe
7. Body Signal

