

# **Stress Relief Tools**

**Use any of these tools, any time you need to reduce your stress.  
THEY WORK!!!**

## **7/11 breathing**

- breathe in for the count of 7 and exhale count of 11. Do 3 rounds and re evaluate Do more if necessary until you feel relief

## **Japanese thumb grasp**

for anxiety/stress, grasp thumb of either hand with the other hand. gently squeeze until you feel the pulsing. Hold until the anxiety disappears.

## **6 Step EFT Tapping**

(emotional freedom technique)

use this technique any time you need to reduce stress, clear anxiety or to calm yourself.

1. Notice where you are on the scale of 0-10. 10 being highest. Your goal is to tap until you reach 0.

2. with 2 fingers (second and ring finger work well) begin tapping on the top of your head using a fast firm but not denting your head tap.
3. at each point, repeat the words “let it go”. If you choose a different phrase suitable to you and your issue, go right ahead and use that phrase.
4. the 6 points to tap are :
  - centre of top of head
  - centre of forehead
  - temple beside eye
  - under eye on orbital bone
  - centre of chest just off to one side under collar bone
  - inside of one wrist
5. squeeze wrist inhale and say on exhale “at peace”
6. notice how the negative feelings have decreased.
7. repeat if necessary

### **Positive Affirmations**

Use daily and after clearing the negativity in the 6 step EFT Tapping. Add a sticky note to a place you go to regularly to remind you to do it at least twice each day, establishing a routine and healthy habit.

On the meridian between the ring finger and the little finger, tap using the same 2 fingers and say **as if you mean it:**

**I am successful**

**I am strong**

**I am free**

**I can do anything**  
**I am awesome**

**You've got this!!!**