Self Help Techniques
for
Emotional First Aid

Acts of violence, terrorism and natural disasters have become increasingly commonplace, and news of these incidents travels around the world in minutes. Some people are affected by disasters directly; but many thousands more experience distress by watching it on TV and internet. Moreover, our media skews our perceptions of what is normal by focusing on shootings, conflicts and disasters while ignoring the many acts of kindness and heroism people do every day.

Traumatic and frightening events can trigger an innate physiological response called the *fight or flight response.* Symptoms of fight/flight include:

- *Pulse, breathing rate and blood pressure increase*
- *Blood flow shifts from cerebral cortex to limbic brain*
- *Blood flow shifts from internal organs to arms and legs*
- *Muscles tense and prepare for action*
- *Digestive, immune & reproductive systems slow down.*

While fight/flight can save our lives by mobilizing us to fight or flee in response to threats, constant exposure to violent and frightening images can cause chronic symptoms such as:

- *Anxiety, fears and emotional distress*
- *Feeling 'jumpy' and hyper vigilant*
- *Easily irritated, angry and reactive*
- *Restlessness, inability to rest or sleep*
- *Fatigue and tiredness*
- *Breathing & respiratory problems*

- *Stomach and digestive issues*
- *Heart palpitations and arrhythmias*
- *Low libido and reproductive issues*
- *Aches, pains, illness & psychosomatic symptoms.*

Normally, after the danger is over, the fight/flight activation subsides and our bodies return to a state of balance. But repeated (daily!) exposure to violence, 'terrorism' and threats can terrorize us, and lead to states of chronic stress, anxiety and hypervigilance.

Fortunately, there are tools and techniques for helping our bodies and minds return to balance. Our minds and bodies are connected; when feeling upset and agitated, *the fastest way to calm our minds is to relax our bodies.*

Here is a list of self-help, mind-body techniques for **Emotional First Aid.** They are arranged in the following categories:

Finding Safety and Connection
Waking up out of Shock
Healing Wounded Hearts
Calming and Balancing
Unscrambling and Re-Organizing
Resolving Traumatic Experiences

These techniques can be used alone or in combination to address specific concerns, or as a routine to manage your daily stress. Consider trying techniques that are simpler at first. The techniques may be done in any order, except that it's important to *first find a safe space by creating physical and emotional safety and connection,* before using them with any trauma or emotional distress. Most of these techniques can be done alone; but even better, do them with a safe friend or partner. *Listen to your body, and do what feels good to you.*

The information in this document is educational in nature and is provided only as general information for stress reduction. It is not intended to create, and does not constitute a professional relationship between Resource for Resilience project team members or the Association for Comprehensive Energy Psychology (ACEP) and the viewer. It should not be relied upon as medical, psychological, coaching, or other professional advice of any kind or nature whatsoever.

1. Finding Safety and Connection

First and most important, *get away from danger and find Safety*!

But even after finding safety, many years later, many people feel unsafe in their own bodies. These techniques will help you to *find inner Safety* by re-connecting with the container of your body. While they can be done alone, they can be even more healing and effective when done with a safe friend or partner.

Getting Here and Now (p. 7)
Gentle Journaling (p. 8)
Self-Acceptance Technique (p. 14)
Soothing Butterfly Hug (p. 12)
Simplified Self-Havening (p. 13)
Connected Heart Breathing (p. 9)
Resource Circle (p. 10)
Partner Breathing (p. 6)

2. Waking Up Out of Shock

Shock is an innate response that allows us to endure overwhelming pain and distress by disconnecting, dissociating, freezing and shutting down. It is important after a traumatic or stressful event to rest and *allow the body to reawaken on its own* by shaking, trembling, stretching, yawning, expressing intense emotions, re-orienting and re-integrating itself. The following techniques can be helpful in this process.

Cold Water Wake Up (p. 15)
Side of Hand Shock Tapping (p. 17)
Thymus Thump (p. 18)
Four Thumps (p. 19)
Heel Shock Release (p. 16)
Getting Here and Now (p. 7)

3. Healing Wounded Hearts

Just as we were wounded in relationship, it is in and through relationships that we heal. These techniques are most effective when done with a safe and supportive friend or partner.

Connected Heart Breathing (p. 9)
Soothing Butterfly Hug (p. 12)
Trauma Tapping Technique – TTT (p. 29)

4. Calming and Balancing

The stress response (aka flight/flight) mobilizes us to defend ourselves or flee from danger. After the danger passes, our bodies down-regulate automatically, and we return to a normal state of calm and balance.

But when our sympathetic nervous system is in a state of continual arousal due to constant threats and dangers seen on the media, our bodies do not relax and down-regulate, and we experience what is called toxic stress. We may feel anxious, uptight, reactive and stressed out, and have difficulties relaxing, sleeping and winding down.

These techniques can help to calm this response, shift the body into parasympathetic rest and repair mode, and return us to balance.

Stress Blow Out (p. 22)
Simplified Self-Havening (p. 13)
Calming Hug (p. 20)
Balance Hook Up (p. 23)
Healing Head Holding (p. 33)

5. Unscrambling and Re-Organizing

Chronic stress, information overload or intense trauma can scramble our brains and nervous systems. This can cause conditions referred to as switching off, making it difficult for information to move back in forth in the brain effectively. Symptoms of

switching off or neurological overload can include:

- *Having confusion or difficulty following directions*
- *Feeling clumsy, uncoordinated or making mistakes*
- *Having problems walking or with balance*
- *Having brain fog, reading difficulties, or learning disabilities.*

The following techniques can correct switching off and help you return to a normal state of neurological balance and functioning. (Note that these exercises may be repeated throughout the day, as needed).

Figure Eight Eyes (p. 26)
The Cross Crawl / Cross Over Shoulder Pull (p. 25)
Healing Head Holding (p. 33)
Balance Hook Up (p. 23)
Breathing into Balance (p. 27)

6. Resolving Traumatic Reactions

Traumatic memories and reactions can be defused and desensitized by gently thinking of the memory while tapping acupressure points. This process defuses and discharges unwanted emotions associated with painful memories, allowing the body to calm, relax and return to balance.

Although there are several different tapping techniques, we recommend using TTT – the Trauma Tapping Technique, as it is simple, culturally neutral and not dependent on words or language. TTT and other tapping techniques, such as EFT (Emotional Freedom Techniques www.emofree.com/eft-tutorial/) and TFT (Thought Field Therapy tfttapping.com) are being used all over the world to resolve trauma and relieve people of emotional distress from violence, terrorism and natural disasters.

Interrupting Traumatic Reaction (p. 28)
Soothing Butterfly Hug (p. 12)
Healing Head Holding (p. 33)
Brain Balancer (p. 32)
Trauma Tapping Technique (TTT) Self or with Friend (p. 29)
Easy Thought Field Therapy (TFT) (p. 34)
Simple Emotional Freedom Techniques (EFT) (p. 36)

The Techniques

PARTNER BREATHING

Purpose:
To calm and soothe emotional upsets by connecting with a safe friend or partner.

Use when:

- Feeling alone, violated, disconnected
- Feeling dissociated from your body
- Feeling the need to re-connect

Common experiences:

- Feeling acknowledged and connected with
- Feeling more aware of and connected to our bodies

Steps:

1. Find a friend or partner with whom you feel safe. Sit across from each other, touch (hands or knees) and make contact. Invite your partner to match your breathing as you breathe together. (It may take 1-2 minutes or so to 'get synched' and match your breathing rhythms together). Breathe together for 5 – 10 – 15 minutes, until you feel synched and connected with each other.

2. After breathing together, you can try rocking together. One person gently starts rocking or swaying side to side, and the other person matches her rhythm. This can feel very soothing and nurturing for some folks. After rocking together, you can (if you wish!) experiment with making sounds. One person makes a sound --- a sigh, a moan, or giggle ---- and the other matches her sounds.

Note: Some people enjoy eye contact; but for others this can feel scary or uncomfortable. *Listen to your body, and do what feels good to you.*

GETTING HERE AND NOW

Much of the time, we are not fully present with ourselves or others. We are either stuck in the past, replaying old memories or guilt trips, or feeling anxious, fearful and worrying about the future. We can let go of guilt and regret from the past, and release fear and worry about the future, by getting into the present moment Now.

Get out of your head, and come to your senses!

Purpose:
To bring attention into the present moment.

Use when:

- Feeling stuck obsessing about the past or worried about the future
- Feeling dis-connected
- Feeling confused or overwhelmed

Common experiences:

- Feeling more centered and present
- Letting go of guilt, regret, fear and worry
- Feeling more balanced and resourceful

Steps:

1. Find a safe place, and sit comfortably

2. Turn off devices & distractions: cell phones, iPads, TV, etc. Take this time to devote 100% of your precious attention to your Self. You deserve your own precious attention.

3. Breathe several long slow deep breaths, gently emphasizing the out breath.

4. Repeat the following sentences, 5 – 10 times each, out loud:

   - *Right now, I'm seeing …….*
   - *Right now, I'm hearing …….*
   - *Right now, I'm feeling …….* (Slowly name emotions you are feeling)
   - *Right now, I'm sensing ……* (Slowly name sensations in your body)
   - *Right now, I'm aware of …….* (Slowly name what's 'in your mind' now)

5. When finished, thank yourself, your body and your mind for working so well, and for the gift of Presence in your Life.

GENTLE JOURNALING

Purpose:
To release confusion, overwhelm and racing thoughts, slowing down your process, by writing and acknowledging your thoughts, feelings and perceptions.

Use when:

- Having fast, racing or jumbled thoughts
- Feeling confused, conflicted or disconnected
- Feeling the need to re-connect with yourself

Common experiences:

- Centering and settling
- Thoughts slowing and calming down
- 'Connecting the dots,' feeling greater clarity and connection

While in a safe place, gently jot down your thoughts, feelings, perceptions and experiences. Use your computer, iPad, old-fashioned pen and paper, or journal. Don't worry about spelling or grammar. You can jot down the thoughts as they come; or just write short phrases (not even full sentences). As you write, notice those thoughts and phrases that are most emotional and/or most meaningful for you. (These you can mark with a *, underline or highlight, if you wish).

You can direct your journaling with questions such as:

1. *What am I noticing in my body right now?* (Just 2-3 words, or a short phrase).
2. *What am I feeling emotionally?*
3. *How connected do I feel with myself and others?*
4. *What I'm doing to take care of myself today:*

As you journal, you'll be *getting the thoughts and feelings out of your head and onto the paper* (or computer or iPad), where you can see and acknowledge and make sense of them. Notice how the thoughts and feelings shift, calm and re-organize just by writing and acknowledging them.

CONNECTED HEART BREATHING

(An adaption of the 'Quick Coherence' technique from the Institute for Heart Math: www.heartmath.org)

Purpose:
To connect with your heart and breath, open your compassionate heart, and bring the heart, breath and emotions into coherence.

Use when:

- Feeling anxious or stressed
- Feeling disconnected or dissociated
- Feeling more balanced and connected
- Feeling your heart-center open
- Feeling greater compassion for self and others

Steps:

1. *Heart focus:* Place both hands over your heart. Focus your attention on the area around your heart, in the center of your chest. Try to feel your heart beating. If you can't actually feel (or hear) your heart beating, imagine feeling its pulse and rhythm.
2. H*eart breathing*: Breathe gently and deeply, as if you are breathing in and out through your heart. As you inhale, feel as if your breath is flowing in through your heart, and as you exhale, feel it releasing and flowing out of your heart. Continue breathing gently and easily until you find a natural inner rhythm that feels good to you.
3. *Heart feeling*: While maintaining your heart focus and heart breathing, recall a positive feeling, of Love, Appreciation or Gratitude. A good way to do this is to think of someone you love, who also loves you, in a positive, supportive way. Feel, savor and enjoy these warm feelings in your heart, and imagine that you are bathing your heart, chest and mind in these warm, nurturing positive feelings.
4. Continue *heart focusing, heart breathing, and heart feeling* for as long as you wish. Gently notice and acknowledge the shifts and changes you are experiencing, physically, mentally and emotionally.
5. When finished, gently express appreciation and gratitude for all the Love and Blessings in your life.

CREATING A RESOURCE CIRCLE

(Created by Kristin Miller, Ph.D. for Resources for Resilience)

Purpose:
To help identify and connect with internal and external resources for support.

Use when:

- Feeling unsafe or disconnected
- Feeling the need for nurturing and connection
- Feeling alone and separated from others

Common experiences:

- Feeling connected with inner and outer resources
- Feeling more open to possibilities
- Feeling more capable and confident

Steps:

1. Place both hands at the center of your chest, one on top of the other and take a few breaths and notice what you are feeling and experiencing in your body.
2. **Peaceful Place:** Take a few moments and think about a place where you have experienced peace and safety. Breathe in the feeling of peace, and relax into the feeling on the out-breath, several times. Imagine you are encircled in this place.
3. **Love and Nurture:** Notice what brings you feelings of love, connection, nurturance, and relaxation. This can be thoughts, images, memories of interactions with people and animals, visons of God, angels or spiritual teachers, memories of heroes or movie characters, or thoughts about different roles where you felt loving and loved. Breathe in this feeling of nurturance and relax into this feeling on the out breath several times. Fill your circle with these memories and resources in your imagination.
4. **Protection:** Find images, people, memories, roles, role models, or archetypes that give you a feeling of safety, protection, strength, and empowerment when you connect with them. Breathe in this feeling of protection and safety and relax into it on the out breath several times. Fill your circle with these resources in your mind.

5. **Resilience:** Think about times when you have bounced back from distress and trauma and the skills that you developed to support yourself, e.g. caring, self-soothing, problem solving, communicating, organizing, cooperating. Think about productive roles that you have fulfilled like being a nurturer, provider, educator, team player. Notice how you feel when you think about this. Breathe in this feeling of resilience and productivity, and relax into it on the out breath several times. Fill your circle with these resources in your imagination.
6. **Circle of Resources:** Take a few minutes and imagine yourself seated in the center of a large circle or ball of light, enclosing you within your peaceful place. Seated all around the circle are your inner resources of love, protection, and resilience. Standing just outside the circle behind the inner resources are your external resources, friends, family members, therapists, support group members, professionals etc. Breathe into this feeling of support and relax into it on the out breath for several minutes until you feel connected and supported by your inner and outer resources.

A true resource is a person, place, quality or inner state that helps you feel safe, connected, strong, and supported so that you can open and expand, and handle distress and challenges. It can help to remember that you are not alone, *and you always have people and resources available to you.*

SOOTHING BUTTERFLY HUG

(The Butterfly Hug method was originated and developed by *Lucina Artigas* during her EMDR work with the survivors of Hurricane Pauline in Acapulco, Mexico, 1998)

Purpose:

To open the heart, balance the hemispheres, and help resolve intense emotions after trauma

Use when:

- Feeling anxious or emotional distress
- Feeling attacked or traumatized
- Feeling disconnected

Common experiences:

- Feeling more relaxed and balanced
- Feeling more heart-centered
- Feeling more resourced and re-connected

Steps:

1. Place the right hand on the left upper arm and the left hand on the right upper arm or place the hands on top of each other at the center of chest.
2. Alternate the movement of your hands tapping one arm or side of chest and then the other like the flapping wings of a butterfly.
3. Your eyes can be closed or partially closed.
4. Breathe slowly and deeply.
5. Either focus on an emotional distress or trauma; OR
6. Observe what is going through your mind and body such as thoughts, images, sounds, odors, feelings, and physical sensations, just like clouds moving through the sky, with no judgment.
7. Continue until you feel calm and your thoughts have settled.

Follow along with the video:

https://youtu.be/-AdFG7gek18

SIMPLIFIED SELF-HAVENING

(Havening Techniques®, by Ron Ruden, PhD)

Purpose: Simplified Self-Havening is designed to calm and center the nervous system after a stressful or traumatic event

Use when:

- After a shocking, traumatizing, or heart-breaking incident
- Experiencing emotional numbness or feeling disconnected
- Need to connect with self and calm the system
- Need for self-soothing

Common experiences:

- Calms and centers the nervous system
- Brings the focus back to the body, and to the Here and Now
- Feeling more balanced, relaxed, and better able to focus

Steps:

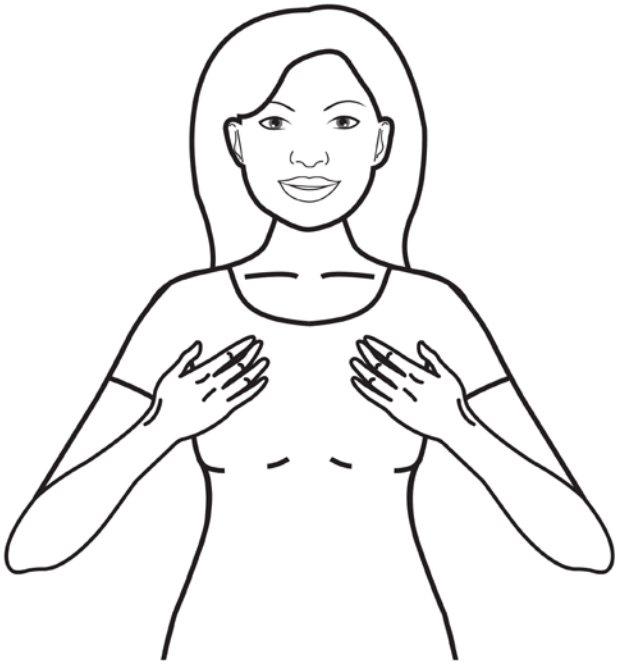
1. Cross the arms, putting the right hand on top of left shoulder and the left hand on top of right shoulder.
2. Gently draw the hands from both shoulders down to the elbows, (both hands at the same time) slowly and repeatedly.
3. At the same time, hum a tune without words.
4. Alternate with rubbing your palms together in circle.
5. Continue until calm.

Follow along with the video:
https://youtu.be/Yb5Freqlk0o

SELF-ACCEPTANCE TECHNIQUE

(Adapted from Roger Callahan's Thought Field Therapy)

Purpose:
To release negativity, judgmental & critical thoughts, or hopeless feelings; to develop greater self-acceptance.



Use when:

- After a shock, blow or trauma
- Feeling judgmental or self-critical
- Your self-confidence has been shaken

Common experiences:

- Feeling more accepting
- Feeling the heart open
- Feeling more compassion for self and others

Steps:

1. Repeat the statements below 3 times each while rubbing in small circles the Sore Spots. (From the middle of the collarbone - halfway between the midline and shoulder - go approximately 3 inches down.)

    - ***With all my faults, weaknesses, and limitations, I want to deeply and completely love and accept myself.***
    - ***With all my gifts, strengths, and ability to love, I want to deeply and completely love and accept myself.***

2. Take a deep, releasing breath and check in with yourself, then notice what's different.
3. Repeat throughout the day (and at least 8 times on really rough days!)

COLD WATER WAKE UP

Purpose: To release shock, and to both soothe and wake up the system

Use when:

- Immediately after a shocking or traumatizing incident
- Cannot get present
- Feeling overwhelmed with emotions

Common experiences:

- Wakes up the nervous system
- Brings the focus back to the Here and Now
- Feeling more balanced, relaxed, and better able to focus

Steps:

1. Splash cold water on your face several times

   Or

2. Take a cold shower, or a dip in cold water.

HEEL SHOCK RELEASE

(as taught by Donna Eden – www.learnenergymedicine.com)

Purpose:
To wake the system up, release shock, numb or feeling 'paralyzed' and to reconnect to the body.

Use when:

- Immediately after a trauma
- When feeling shocked or numb
- When feeling dissociated, disconnected, or overwhelmed

Common experiences:

- Feeling connected 'inside your body'
- Feeling more awake, alert, present

Steps:
Bounce up and down on balls of your foot with slightly bent knees, letting the heel firmly strike the ground for a least a minute. As you bounce, allow the upper body to become like a rag doll, releasing tension and shock.

OR

Rub your heel in the following way

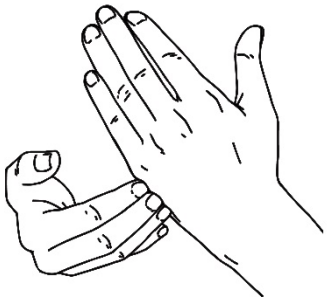
- Deeply massage the sides of the heel (both sides of foot)
- Deeply massage area behind ankle bones (both sides of foot)
- Deeply massage area where the heel connects to arch of foot
- Repeat these steps on the other foot

Follow along with the video:
https://youtu.be/QR0MhV8IiKA

SIDE OF THE HAND SHOCK TAPPING

(From Roger Callahan, Thought Field Therapy)

Purpose:
To release shock and bring your system back 'online.'



Use when:

- Feeling numb, shocked, paralyzed
- Feeling stuck or unable to focus

Common experiences:

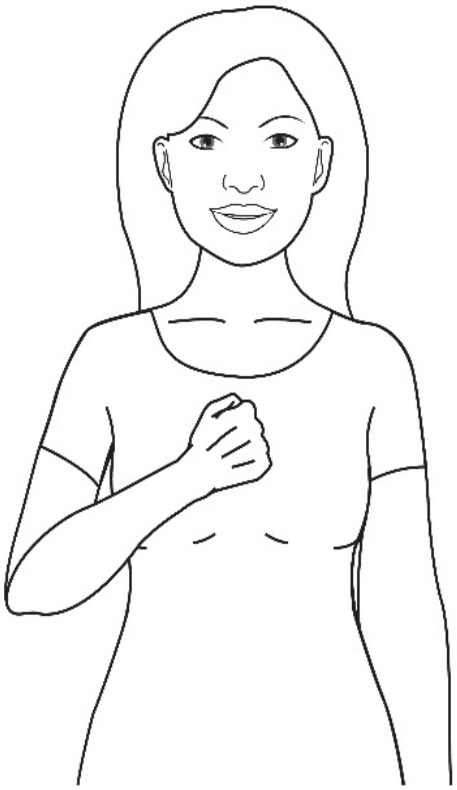
- Feeling more awake, alert, present
- Feeling more connected to the body

Steps:
Tap the side of hand repeatedly until the system releases the shock (freeze) response, and the body begins to awaken.

THYMUS THUMP

(from John Diamond, *Behavioral Kinesiology*)

Purpose:
To get the system going, help relieve shock anxiety and panic attacks, and increase your Life Energy.



Use when:

- After a shock or trauma
- Feeling anxious or panicky
- Feeling tired or fatigued

Common experiences:

- Feeling anxious or panicky
- Feeling stronger, more awake
- Feeling calmer, more present
- Increased energy and stamina

Steps:

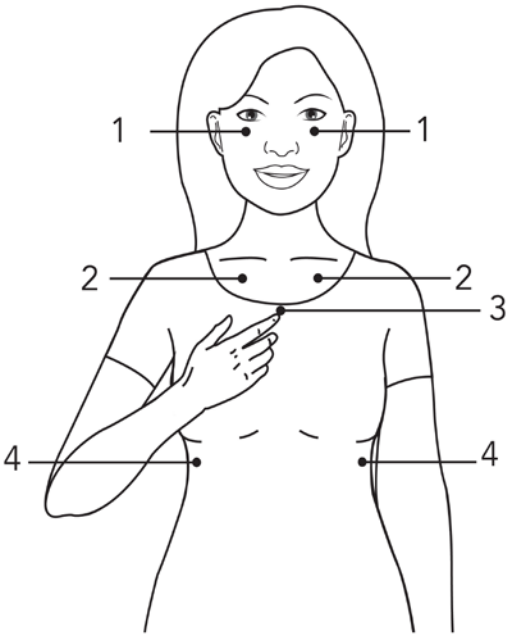
1. With either hand in a soft fist, pound vigorously on the center of the sternum (center of the upper chest in photo above). The thymus gland lies directly underneath the sternum and is activated by tapping.
2. Continue thumping until the anxiety recedes and some resilience is regained. May take one to several minutes.

Follow along with the video:
https://youtu.be/ZlkRe4ZSWHs

FOUR THUMPS

(as taught by Donna Eden – www.learnenergymedicine.com)

Purpose:
To reawaken the system after shock, relieve feeling numb or frozen, turn the circuits back on, increase energy in mind and body.



Use when:

- Feeling numb, paralyzed, in shock
- Feeling tired, fatigued, discouraged
- Needing an energy lift

Common experiences:

- Feeling more awake and alert
- Feeling stronger and more energetic
- Feeling joyful and happier

Steps:

1. **Point 1:** Tap lightly on both sides 20-30 times. (On the upper edge of the ocular ridge, right below the pupil of the eye).
2. **Point 2:** Rub in small circles and/or tap on both sides 20 -30 times. (This point its about 1 inch under the collarbone and 1 inch out to the side of the sternum (breast bone), in a soft indentation between the ribs.)
3. **Point 3:** THUMP vigorously with 20-30 times. (This point is at the soft spot at center of sternum.)
4. **Point 4:** Rub in small circles and/or then tap vigorously on both sides 20-30 times. (Just under the breast and slightly to the side where the protruding rib sticks out.)
5. Check in: what do you notice and feel, in your body, now?

Follow along with the video:
https://youtu.be/SG5u-uVbkJ8

CALMING HUG - TRIPLE WARMER/SPLEEN HUG

(as taught by Donna Eden – www.learnenergymedicine.com)

Purpose:
To calm anxiety and agitation, shift energy from fight/flight back to supporting immunity. It can be used anywhere (without attracting attention to yourself).

Use when:

- Feeling anxious, agitated or upset
- Having difficulty focusing or being present

Common experiences:

- Feeling calmer & more relaxed
- Feeling more centered & grounded
- Harmonizes triple warmer & spleen energies

Steps:

1. Sit comfortably with arms crossed, one hand wrapped around the upper arm just above the elbow.
2. Put the other hand underneath the arm holding the side of the body about 4-6 inches below the start of the armpit. Hold for at least one minute.
3. Switch the holding position with the other hand wrapped around the arm, middle finger in the notch above the elbow, and the other hand under the arm and hold at least one minute.
4. Switch positions back and forth several times, until you feel a shift and a sense of deep relaxation.

Follow along with the video:
https://youtu.be/hq4yPsU0z98

Optional Add-In: Do **CALM BREATHING** while holding this pose for deeper relaxation and focusing the mind.

Follow along with the video:
https://youtu.be/geMxL8D6TO8

CALM BREATHING

Breathing is the only bodily function we have both conscious and unconscious control over. When we go into fight/flight or panic, our pulse rate and blood pressure shoot up, and our breathing gets very fast. By breathing consciously, we can down-regulate our emotions and return to balance. Conscious breathing shifts us from the sympathetic nervous system (fight or flight) activation to the parasympathetic nervous activation, rest and recover mode.

Purpose: To calm our body and emotions, through breathing consciously.

Use when:

- Feeling anxious, tense or keyed up
- Feeling a need to relax and let go

Common experiences:

- Feeling calmer & more relaxed
- Breathing more deeply
- Feeling more centered and grounded

Steps:

1. Take a quick deep breath through your nose.
2. Hold your breath for a couple of seconds. Notice what it feels like.
3. Let your breath out through loose lips, like a deep sigh.
4. Allow your shoulders to fall.
5. Notice the feeling just after letting breath out, before you start to breathe in.
6. Repeat 3-5 times; or for as long as you wish.

NOTE: This breathing has a calming effect on its own. It is recommended to use alpha-theta breathing in between rounds of TTT tapping.

Follow along with the video:
https://youtu.be/geMxL8D6TO8

STRESS BLOW OUT

(as taught by Donna Eden – www.learnenergymedicine.com)

Purpose: To release anger, upset and irritation; release frustration and overwhelm; to get centered in the Here and Now.

Use when:

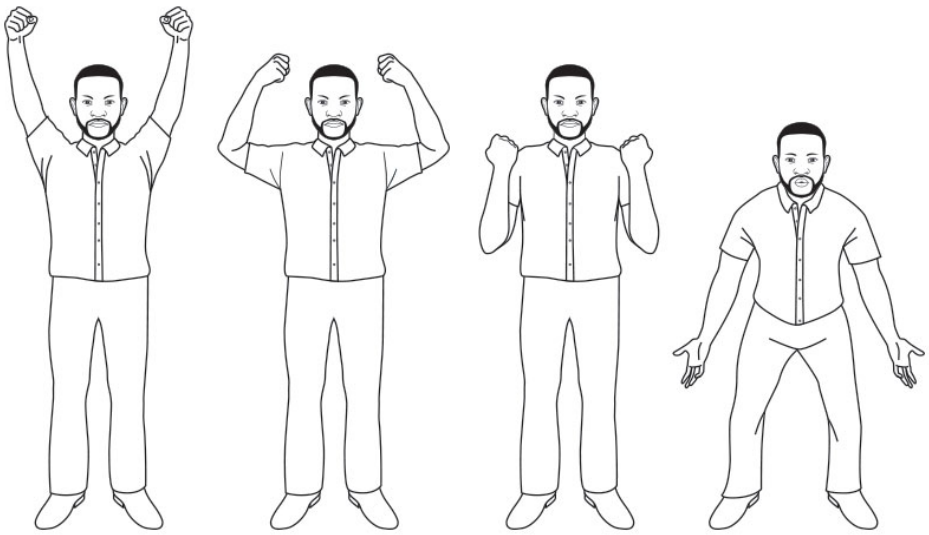
- Feeling angry, irritated, frustrated or upset
- Feeling stuck, 'pent up,' and need to LET GO

Common experiences:

- Feeling more relaxed
- Feeling more centered and grounded
- Feeling more present in the Here and Now

Steps:

1. Lift both hands over your head and clench your fists hard.
2. Take a deep breath and hold it.
3. Pull down real fast and blow out the air 'WHOOOOSH' with your elbows pointing down
4. Bend your knees and open the hands when arms are fully extended
5. Repeat 3-5X.



Follow along with the video:
https://youtu.be/OLL5EdmvvIc

BALANCE HOOK UP - Wayne Cook Posture

(Developed by Wayne Cook, as taught by Donna Eden – www.learnenergymedicine.com)

Purpose: To calm anxiety, agitation, racing thoughts; to balance left and right hemispheres; to get 'back into your body.'

Use when:

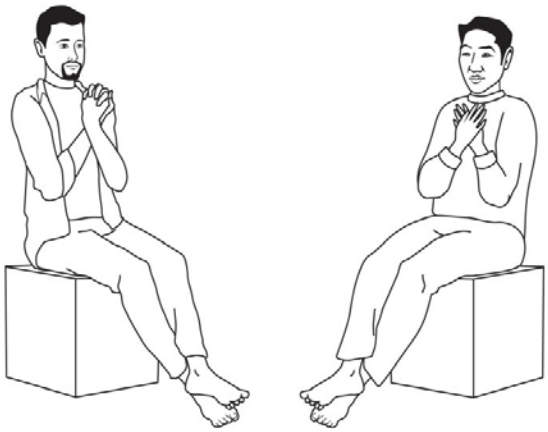
- Feeling anxious, agitated
- Having racing thoughts, busy mind
- Not able to relax or sleep

Common experiences:

- Feeling calmer & more relaxed
- Feeling more centered & grounded
- Feeling more connected & 'in your body'

Steps:

1. Place left ankle over the right ankle.
2. Simple pose put the right hand on center on center of chest and the left hand on top and proceed to step 6.
3. Extend both hands in front of you, palms facing out, thumbs down.
4. Cross the right hand over top of the left, interlace the fingers.
5. Fold clasped hands down and then fold inwardly and up to rest on the chest.
6. Place your tongue on the roof of the mouth on the in breath, then place it on the floor of the mouth with a long out breath.
7. Focus on your breathing until you feel calm (2 to 15 minutes).



Follow along with the video:
https://youtu.be/rmkG1P7THlE

Optional: Try doing the **Bilateral Box Breathing** (see next page) while holding this position for deeper relaxation and focusing the mind.

BILATERAL BOX BREATHING

(Created by Kristin Miller, Ph.D. for Resources for Resilience)

Purpose: To calm, balance and re-direct the mind away from stressful events. Also balances the left and right hemispheres of the brain.

Use when:

- Feeling anxious, agitated, upset
- Mind is racing, can't stop thinking about an event

Common experiences:

- Feeling calm and balanced
- Feeling more connected with breath and body

Steps:

1. Close the left nostril with one finger and breathe in the right nostril, while focusing on the right side of the body, with the tongue on the roof of the mouth, to a count of 4.
2. Hold your breath for a count of 4, with the tongue on the roof of the mouth.
3. Drop the tongue to the bottom of the mouth, close the right nostril with one finger and breathe out the left nostril while focusing on the left side of the body for a count of 4.
4. Hold the breath out for count of 4, tongue on bottom of mouth.
5. Breathe back in the left nostril while focusing on the left side of the body, tongue on roof mouth for 4 count, hold at top for 4.
6. Close the left nostril with one finger and breathe out the right nostril, focusing on the right side of the body for a count of 4, while dropping the tongue. Always switch sides and drop the tongue just before you release the breath out. Stay on the same side for the next breath in, with the tongue on the roof of the mouth during the breath in and holding phase.
7. Repeat for several rounds until the body relaxes and the mind calms.

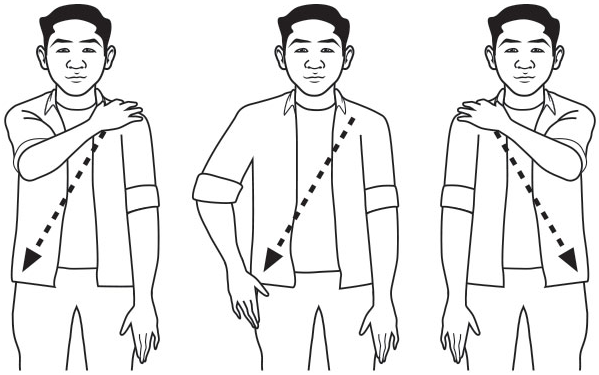
CROSS CRAWL/CROSS OVER SHOULDER PULL

(from Paul & Gail Dennison, *Brain Gym AND* Donna Eden – www.learnenergymedicine.com)

Purpose: To unscramble and rebalance the system, to improve coordination and left-right hemispheric communication, increase clarity and ability to focus.

Use when:

- Feeling confused, 'scrambled,' dis-organized
- Having difficulty focusing, out of balance
- Too many things going on at once



Common experiences:

- Better coordination
- Feeling more connected and 'together'
- Feeling confident, able to handle things

Steps:

CROSS OVER SHOULDER PULL

1. Put your right hand on top of left shoulder, draw your hand down and across your body to your right hip
2. Put your left hand on top of right shoulder, draw your hand down and across your body to your left hip
3. Repeat for at least one minute, breathing through your nose and out your mouth.
4. Optional to have someone do this on your back while you do it on your front.

Follow along with the video: https://youtu.be/df1H61GOkdQ

Or

CROSS CRAWL

1. From a standing position, begin marching in place, lifting the knees high.
2. While marching, tap the outside of the right knee with the left hand, and the outside of the left knee with the right hand, alternating from one side to the other.
3. Add in humming a tune, counting, and humming a tune.
4. Repeat for at least one minute, breathing in through your nose and out through your mouth.

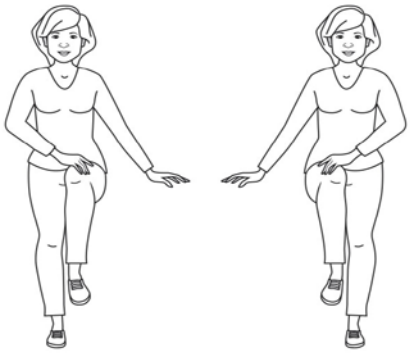


FIGURE EIGHTS AROUND THE EYES

(as taught by Donna Eden – www.learnenergymedicine.com)

Purpose: To calm racing thoughts, promote right-left hemispheric integration, experience greater mental clarity.

Use when:

- Feeling confused or uncoordinated
- Feeling out of balance

Common experiences:

- Calms the brain
- Feeling alert and greater clarity
- Feeling more connected

Steps:

1. Close your eyes (or you can leave them open if you wish).
2. Trace a figure 8 horizontally in the air about 3 inches in front of the eyes.
3. Trace the figure 8 around both eyes about ten times.

Follow along with the video:
https://www.youtube.com/watch?v=O97kyZp4WAc

BREATHING INTO BALANCE (COLLARBONE BREATHING)

(Adapted by Phil Mollon from Roger Callahan's Thought Field Therapy)

Purpose:
To reorganize scrambled energy and regain inner balance.

Use when:

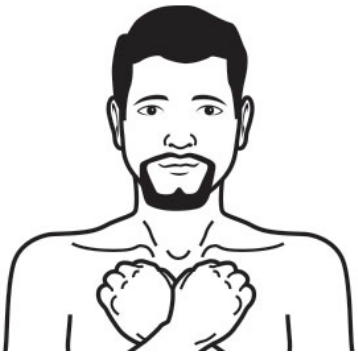
- Feeling stuck or switched off
- Feeling confused or disorganized

Common experiences:

- Greater clarity
- Feeling more connected
- Feeling better left-right balance

Steps:

1. Cross your arms across your chest and place the tips of the fingers on the collarbone.
2. Keeping the fingers in place for the duration of the set:
    - Inhale and exhale all the way
    - Inhale halfway and hold
    - Inhale all the way and hold
    - Exhale halfway and hold
    - Allow the rest of the breath to exhale, and have a full, normal breath (in and out)
3. Still keeping the arms crossed, make a loose fist with each hand, and place the knuckles (middle joint) on the collarbone.
4. Keeping the fingers in place for the duration of the set:
    - Inhale and exhale all the way
    - Inhale halfway and hold
    - Inhale all the way and hold
    - Exhale halfway and hold
    - Allow the rest of the breath to exhale, and have a full, normal breath (in and out)



Follow along with the video:
https://youtu.be/31h1yS-ss_U

INTERRUPTING TRAUMATIC REACTIONS

Purpose: To interrupt traumatic reactions and emotional flooding that can occur when connecting with a traumatic memory or when re-triggered by a traumatic event.

Use when:

- Feeling emotionally overwhelmed or 'flooded'
- Having obsessive thoughts or memories

Common experiences:

- Disconnects from the memory or trauma
- Feeling more present in the Here and Now

Steps:

1. **DISTRACTING:** Do complicated math in your head, voicing the process out loud

    - This distracts attention from traumatic event and engages the left hemisphere, drawing attention away from emotionally reactive memories (in the right hemisphere).

2. **GETTING HERE AND NOW:** Look around and name what you see, hear, and smell. (Do this only in a safe environment!)

    - This brings the attention back to the Here and Now and away from traumatic or stressful memories.

TRAUMA TAPPING TECHNIQUE (TTT)

Gunilla Hamne and Ulf Sandstrom, Peaceful Heart Network)

Purpose: Defuses and desensitizes traumatic memories and reactions.

Use when:

- After a shocking or traumatizing incident
- When feeling emotional distress
- For post-traumatic stress: anxiety, flashbacks, insomnia, etc

Common experiences:

- Feeling emotional discharge and release
- Shifts in perception & greater clarity
- Feeling more balanced, relaxed, Here and Now

Steps:

1. Make contact with your partner, (or with yourself).
2. Select an upsetting memory to focus on.
3. Think of the upsetting memory just a little bit, not too deeply.
4. Tap the Sequence of Points (see below)
5. Breathe two deep breaths.
6. Tap the Sequence of Points again.
7. Again breathe two deep breaths.
8. What do you notice now?
9. Usually people notice that the upset has changed or greatly diminished after two rounds of tapping. Repeat the treatment sequence with the until you feel calm.
10. Acknowledge yourself for the shifts and changes you've experienced.

The Sequence of Treatment Points – See page 31 for a diagram of the points.

Tap 10-15 times on the following points in the following order. Tap gently but firmly, with two or three fingers:

1. The karate chop point /side of the hand
2. Beginning of eyebrow/s
3. Outside of the eye/s (flat area outside the outer corner of the eye)
4. Under the eye/s (on the upper edge of the ocular bone, below the pupil)
5. Under the nose
6. Under the mouth

7. Under the collarbone (Just below the bony knob of the collarbone, and approximately 1” outside the sternum)

8. Under the arm/s (4-6” below the armpit, parallel to the breast, on the outside medial line of body; on the seam of your shirt or blouse --- if it has a seam on the side!)

9. The little finger (at the bottom corner edge of the nail, on the side closer to the midline of the body)

10. The ring finger -”- (all these finger points are at the bottom corner edge of the nail, on the side closer to the midline of the body)

11. The middle finger -”-

12. The index finger -”-

13. The thumb -”-

14. Under the collarbone again.

Note:
During this treatment the mind will relax and so will the body. Surprisingly to most people, the problem will decrease or disappear. When you try to re-connect with the original memory, it will feel different. A faint memory of the trauma remains, but the suffering is gone.

Some memories can be complex and relate back to earlier memories. Repeat the treatment several times, as needed, until the emotional reaction has diminished significantly.

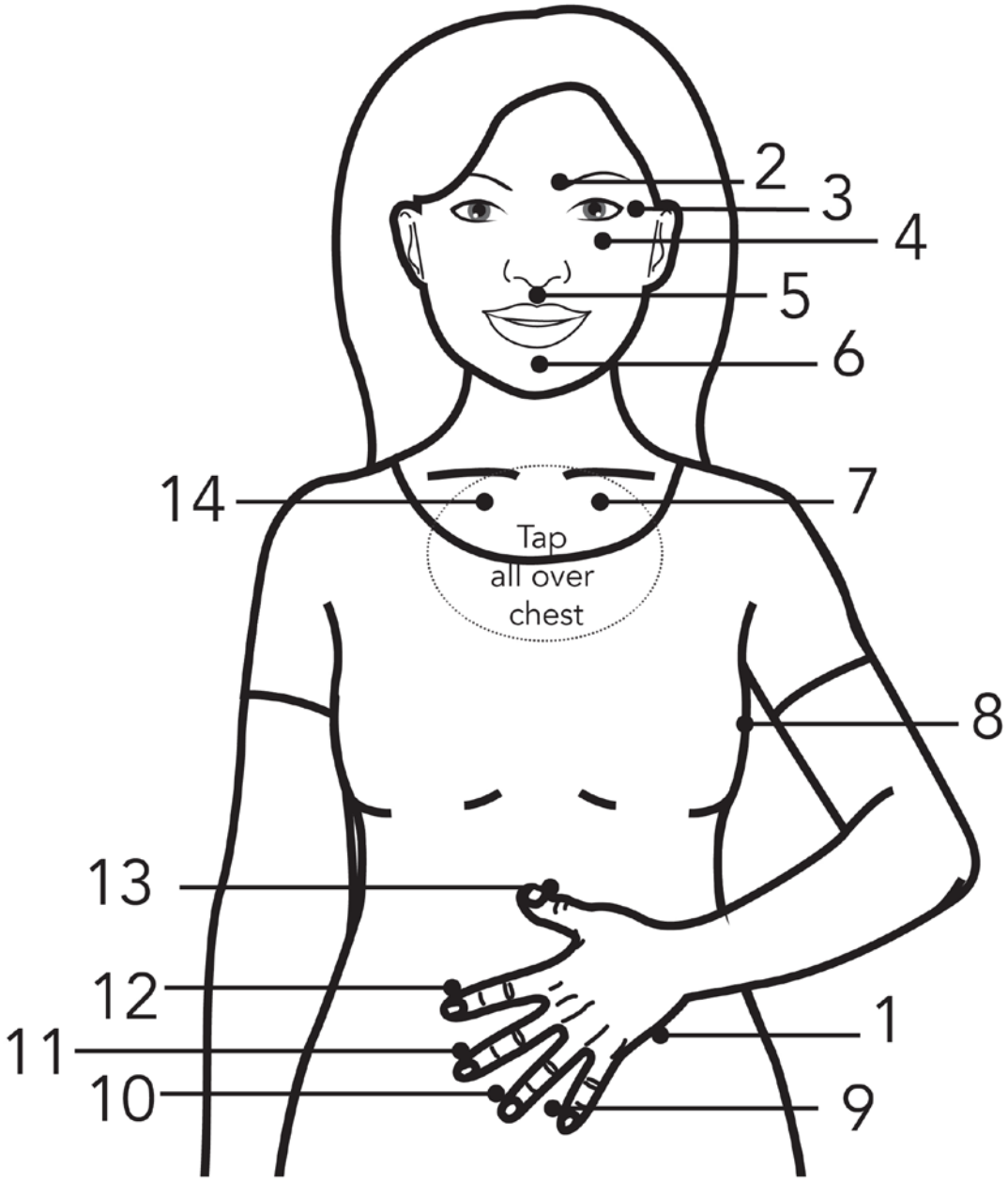
TTT may be done alone or with a partner.

Follow along with the video, alone:
https://youtu.be/_jHWq6n6WNM

Follow along with the video, with a partner:
https://youtu.be/cAK3L7Sw5CU

TAPPING POINTS ON THE BODY

Gunilla Hamne and Ulf Sandstrom, Peaceful Heart Network)



BRAIN BALANCER

(Adapted from Roger Callahan's Thought Field Therapy)

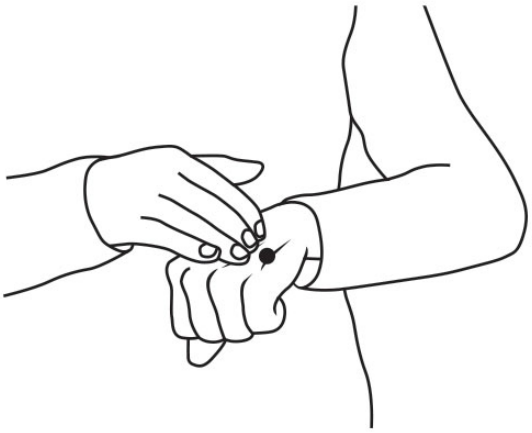
Purpose: To facilitate trauma processing in the brain, help balance and integrate left and right hemispheres. It can be used as a standalone treatment, or at the end of trauma tapping while focusing on the traumatic event.

Use when:

- Emotional processing feels incomplete
- Feeling 'keyed up' or unbalanced

Common experiences:

- Feeling more balanced and centered
- Feeling more present in Here and Now



Steps:

1. Tap 20 – 30 X with 2-3 fingers in the valley between the tendons of the 4th and 5th fingers on the back of the hand.
2. While still tapping, open the eyes, close the eyes, look down right, look down left, look up to right and left (move eyes only.
3. Slowly roll the eyes in a circle one way and then the other.
4. Hum for 10 seconds, count backward from 10-0, hum again.
5. Let your eyes close and relax.
6. Check in. What do you notice now?

HEALING HEAD HOLDING (AKA FRONTAL/OCCIPITAL HOLDING)

(Adapted from Terrence Bennett's Touch for Health Neuro/Vascular Points)

Purpose: This is a powerful technique for defusing 'negative' emotions, processing emotional experience and balancing the hemispheres. One hand contacts the forehead (frontal lobes of the brain) while the other hand contacts the occiput (area closest to the brain stem and the limbic system). You can either focus on a memory or upset; OR gently focus on your internal experience, on somatic sensations in your body. You can do this for yourself, or even better with a partner.

Use when:

- Feeling anxious, upset or unsettled
- Feeling dissociated or disconnected

Common experiences:

- Feeling more calm & balanced
- Feeling connected and integrated

Steps:

1. Select something to focus on: either your internal experience (somatic sensations) OR on some emotional distress.
2. Rate the issue or memory on a scale from 0 – 10, where 0 = 'no intensity;' and 10 = 'overwhelming.'
3. Place one hand across the forehead with the little finger across the eyebrows and the thumb up by the hairline, or friend can do this for you.
4. Lightly hold the back of the head with the other hand, with the little finger at the base of the skull, holding the rounded portion of skull under the occipital ridge.
5. Gently focus on your internal experience OR on the issue or distress, while breathing gently but deeply.
6. Gently hold this position for several minutes until you feel a pulse or heartbeat in both hands; or until the issue or distress shifts and releases.

Note: Our hands and arms are jumper-cables; whenever we touch our bodies with both hands we create an energy circuit. As you hold your forehead and occiput with your hands while breathing, you will notice your body calming down, shifting, processing, and re-integrating. When you've gone through several shifts, and are feeling the pulses synchronized and even in both hands, you're done.

Follow along with the video, alone: https://youtu.be/QgPqxBJqrTc

EASY THOUGHT FIELD THERAPY (TFT) FOR STRESS RELIEF

(Developed by Roger Callahan Thought Field Therapy and Adapted by Suzanne Connolly, LCSW)

Purpose: Rapid stress reduction

Use when:

- Feeling stressed, and/or experiencing other feelings along with your stress
- Feeling anxious, angry, emotionally upset or overwhelmed
- You can't sleep

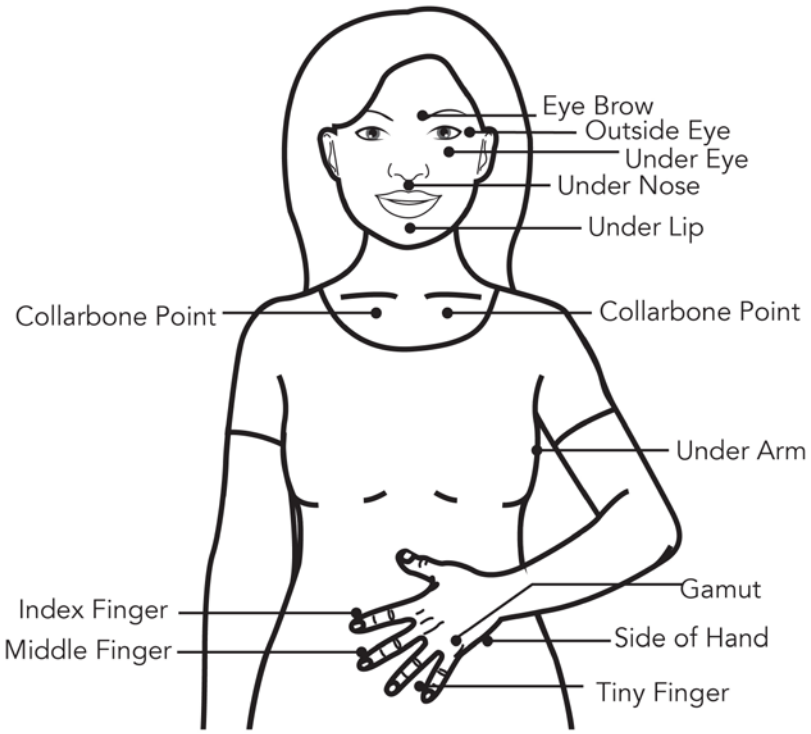
Common experiences:

- Feel more relaxed, balanced and in the Here and Now
- Feeling calmer and more centered
- Thoughts you focused on will no longer trigger an emotional reaction

Steps: *(See next page for a diagram of the points to tap.)*

1. Think about what is stressing you; notice any body sensations of stress.
2. Tap 5-10 times on each point. (Exception - on the back of the hand, tap around 50X but don't count. You can tap on one side, both sides, or alternate left-right, left-right).
3. Tap the little finger side of your hand on the Karate Chop Spot.
4. Tap on the inner edge of either eyebrow.
5. Tap under your eye on the boney socket in line with the pupil of the eye when looking straight ahead.
6. Tap the side of the body, approximately 4" under your arm pit (lateral to nipples on men).
7. Tap just under the collarbone, and just outside the sternum (breast bone).
8. Tap the tiny finger by the bottom corner of the nail bed (on side closest to the thumb).
9. Tap the flat area just outside the side of the eye.
10. Tap just under the collarbone, and just outside the sternum (breast bone).
11. Tap under the nose.
12. Tap under the lower lip.
13. Tap the index finger by the bottom corner of the nail bed, on the side facing the thumb.
14. Tap under the collarbone.

15. Tap the middle finger by the bottom corner of nailbed on side facing thumb.
16. Tap the back of hand (Gamut Spot) between the little finger knuckle and ring finger knuckle and down about ¼" (towards the wrist) on the back of the hand in the groove between the tendons of the 4th & 5th fingers about 50X (Approximately – no need to count!).
17. Tap under the collarbone.



You can integrate your progress by tapping the back of the hand on the Gamut spot described above, while continuing to think about the stress, following the steps below. Be sure to keep your head still and straight while you tap, and do about 5 taps per position.

1. Keep your eyes open
2. Shut your eyes
3. Direct you eyes down to the lower right
4. Direct your eyes down to the lower left
5. Roll your eyes around in a large circle, like a clock
6. Roll your eyes around again, in the opposite direction
7. Hum a tune out loud for a few seconds
8. Count out loud, 1-5
9. Hum the tune again

After experiencing some relief, you can repeat the whole procedure once or twice.

SIMPLE EFT for RAPID STRESS RELIEF

(An adaption of the original Emotional Freedom Technique, developed by Gary Craig: www.emofree.com)

Purpose: To relieve stress, anxiety and upsets; defuse the 'emotional charge' on painful memories, experiences and traumas; to balance and restore energy flow in the body; to re-connect mind, body and emotions.

Use when:

- Feeling stressed, anxious or upset
- Feeling rattled, frazzled or disconnected
- Feeling hurt, scared or traumatized
- Need to calm down and re-connect
- Need to re-align mind, body and emotions

Common experiences:

- Reduction or release of emotional distress
- Feeling calm, balanced, more relaxed
- Better able to focus and to be present

Steps:

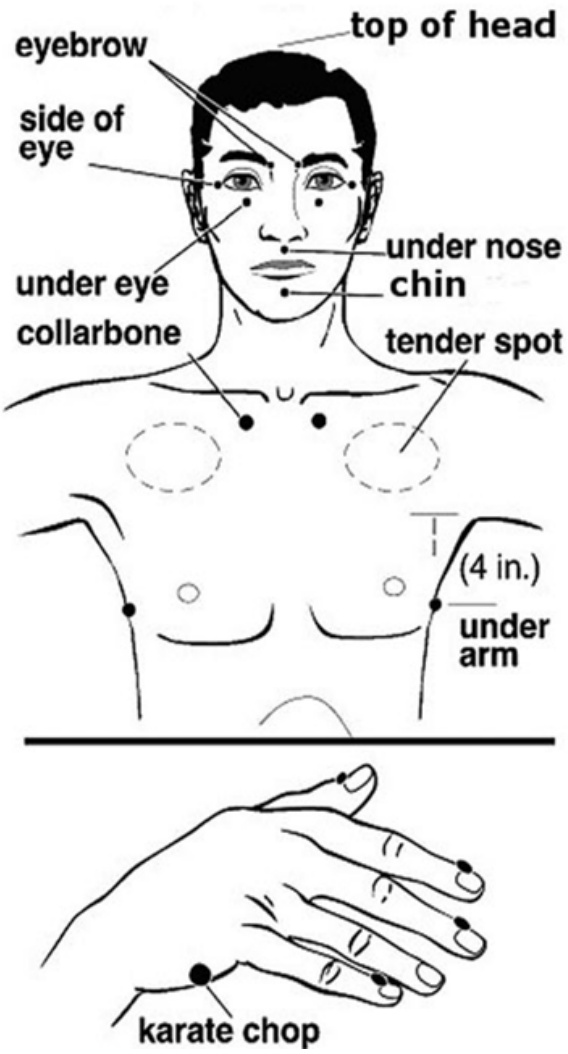
1. Think of a stressful or upsetting memory or experience.
2. Tune in and rate the emotional intensity 0 – 10, where 0 = 'no intensity;' and 10 = 'overwhelming.'
3. Tap the Karate Chop points together, while repeating this statement 3X:
    a. "Even though I have this _____ (name the feeling),
    b. I deeply and completely love and accept myself."
4. Gently tap the sequence of points, 7 – 10 taps per point, on either or (even better!) both sides, while holding the stress in mind.
5. Check in. What do you notice now? If you still have some remaining emotional intensity, go back to step 3, and
6. Repeat the statement and tap the sequence as needed, until the emotional intensity is down to 0.

Note: All your distress may not dissipate after just one round of tapping! But after each round you should feel a release or lightening of the distress; as well as feeling more relaxed, balanced, and integrated.

Follow along with the video:
https://youtu.be/3XtU8aSEQZY

Tapping Points Sequence:

1. Side of hand/karate chop
2. Top of head
3. Eyebrows (inside corner of either eye brow)
4. Side of eyes (outside the bone to the side of either eye)
5. Under eye (upper edge of ocular ridge, below the pupil)
6. Under nose
7. Chin (in the crevice of the chin, under the lip)
8. Under collarbone (in a small depression just under collarbone, and approx. 2" to either side of the midline)
9. Under arms (on the outside medial line of torso, or outer seam of your shirt, approx. 4" below the armpit)
10. Side of ribs (CLAP with open hand on the side of lower ribs)



Additional Resources

Helpful Videos About Trauma and Stress Response

Bucket of Resilience: https://www.youtube.com/watch?v=uqFzKKJk1yE

Cortisol facts: https://www.youtube.com/watch?v=uLUU0b-VuD0

The information in this document is educational in nature and is provided only as general information for stress reduction. It is not intended to create, and does not constitute a professional relationship between Resource for Resilience project team members or the Association for Comprehensive Energy Psychology (ACEP) and the viewer. It should not be relied upon as medical, psychological, coaching, or other professional advice of any kind or nature whatsoever.

This document was created by members of the *Resources for Resilience* subcommittee of ACEP – the Association for Comprehensive Energy Psychology. Please feel free to share it with those you know will benefit from it.
www.energypsych.org/resilience

A special "*thank you"* to Donna Eden, David Feinstein and Dondi Dahlin for providing the video links to the Eden Energy Medicine techniques referenced in this handout. For more information, see www.LearnEnergyMedicine.com.