

The announcement of a pandemic is presenting us with an “unprecedented” challenge – you may be feeling helpless, powerless, anxious and confused. This challenge is a difficult puzzle to solve, and the truth is, there are no easy answers because we don’t know all the pieces. Not knowing what’s coming next tends to “trigger” anyone with a brain and a nervous system.

Carol Look <carol@carollook.com>

Simple things to reduce stress and stay healthy

1. Moving your body to release stressful energy
2. Engaging with caring people by Skype/phone... the sound of calming voices is good for your nerves
3. Feeling the elements – rain, sun, wind, (or hug a tree)
4. Humming, singing, listening to music
5. Voicing gratitude on any level
6. Grounding and centering exercises
7. Getting basics like deep sleep, regular meals, and stillness

Tapping provides a unique outlet for the nervous system so we can stay rational and resourceful during these challenging times.

The less stress we load into our nervous system, the healthier we can be physically as well as emotionally. Balance is much needed right now. So let’s all try to continue to stay safe, calm and support each other. Below is a quick Tapping sequence I’ve been doing for myself. I know it’s releasing a lot of built up stress because of how much I yawn.

Side of the hand: Even though I’m being triggered and I’m losing my center, I accept who I am and how I feel... Even though I have all this stress built up in my nervous system, I deeply and completely love and accept myself...
Even though I can feel that I’m being triggered by what I can’t control, I deeply and completely love and accept myself in this moment.

Eyebrow: I’m feeling easily triggered

Side of Eye: I am so triggered, and that’s ok

Under Eye: My nervous system is overwhelmed

Under Nose: I’m feeling anxious and helpless

Chin: I need to remember to breathe

Collarbone: I'm getting easily triggered

Under Arm: This built up stress is in my nervous system

Head: Too much stress in my nervous system

Then continue with these next 2 Tapping sequences with more releasing statements and positive suggestions.

Eyebrow: I get easily triggered

Side of Eye: It's hard to feel calm

Under Eye: I want to be still and quiet

Under Nose: I choose to be still and quiet

Chin: I choose to feel calm and peaceful in this moment

Collarbone: I love being present

Under Arm: I love being kind to others

Head: I love being present and peaceful

Deep breath...

Eyebrow: I'm still occasionally triggered

Side of Eye: I hate the unknown

Under Eye: But I can handle my emotions

Under Nose: I can even handle being triggered

Chin: I choose to get centered again

Collarbone: I love centering myself

Under Arm: I appreciate this opportunity to look inward

Head: I'm grateful for the blessings in my life