

Tools For Resilience

Feel Better Fast Right Now



Tap Into Yourself

to Help Yourself*

1. **Place** your hand on your chest as shown.
2. **Breathe** slowly in and out, a few times.
3. **Focus** on your breath.
4. **When calmer**, start gently tapping about the problem or pain: "That was so scary," or "This really hurts." Just one phrase.
5. **Repeat** tapping and breathing slowly, until you're more comfortable.
6. **Now** you can use your regular Tapping

to Help Another*

1. **Show** them hand on chest position.
2. **Lead** them in slow, gentle breathing.
3. **When calmer**, ask: "What's that like, now?"
4. **Lift a simple phrase** from their reply and reflect it back, while tapping: "That was scary," or, "That really hurt."
5. **Repeat** gentle tapping and breathing until they are more comfortable and less stressed.

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