

## Releasing Anxiety & Breathwork

Sit in a comfortable position. Let's begin by taking a nice, deep calming breath in, and out. Take a little longer to exhale.

Tune in to your thoughts, feelings, and body. Notice where the anxiety shows up. It may be your stomach, chest, shoulders, head, or maybe ruminating thoughts, or feeling insecure or sad, or a combination.

Ask yourself on a scale from 0-10 how intense does that anxiety feel? 0 is calm and 10 is really anxious.

Start with focusing on the anxiety and honoring the truth of how you feel so you can lower the intensity with Tapping, breathwork, and help to rewire your brain towards the positive and possibilities.

Tapping on the side of hand, repeat either silently or out loud:

Side of the Hand (Karate Chop Point = KC): Even though I'm feeling anxious, I honor how I feel, and I give my body permission to relax. I accept myself as I am now.

KC: Even though I feel this anxiety in my body, I honor how I feel, and I am open to more ease. I accept myself as I am now.

KC: Even though I feel this tension in my body, I accept how I feel, and I relax more with every tap. I accept myself as I am now.

Top of the Head (TH): This anxiety.  
Inner Corner of the Eyebrow (EB): This anxiety.  
Side of the Eye (SE): This anxiety.  
Under the Eye (UE): This anxiety.  
Under the Nose (UN): This anxiety.  
Under the Mouth (UM): This anxiety.  
Collarbone (CB): This anxiety.  
Side of the Hand (KC): This anxiety.

TH: I notice how this anxiety feels in my body. I am curious what is this anxiety really about? I tune into any negative thoughts and messages associated with this anxiety.

EB: As I begin to recognize the anxiety, I realize I don't have to have all the answers right now...I can start to relax with each breath.

SE: I inhale calming energy, and exhale what is no longer serving me.

UE: I notice I can be aware of what is causing the anxiety, and feel more relaxed in my body with each breath.

UN: I can't force myself into relaxing; it just begins to happen...I am open to relaxing more with each breath.

UM: I begin to remember a time without the stress and how I felt...how it felt in my body.

CB: I thank my body for letting me know I was holding onto this stress.

UA: I choose to relax, knowing I am grounded in the present.

KC: I continue to relax with each breath.

*For this next round, all you have to do here is tap and be present and curious with your thoughts, nonjudgmentally observing, as your body continues to relax.*

TH: Take a deep breathe in through nose and a longer exhale out.

EB: Take a deep breathe in through nose and a longer exhale out.

SE: Take a deep breathe in through nose and a longer exhale out.

UE: Take a deep breathe in through nose and a longer exhale out.

UN: Take a deep breathe in through nose and a longer exhale out.

UM: Take a deep breathe in through nose and a longer exhale out.

CB: Take a deep breathe in through nose and a longer exhale out. Tune into Body. Notice how your body feels more relaxed and energized. Notice the anxiety/stress dissipating and falling away.

UA: Take a deep breathe in through nose and a longer exhale out.

KC: Take a deep breathe in through nose and a longer exhale out.

As you exhale, check in with how you feel. Observe any thoughts or feelings that come up (just be curious and non-judgmental).

Check in again on the intensity of the stress and anxiety you were feeling and note it on a scale from 0-10. 0 is calm and 10 is really anxious.

If the intensity is still higher than you'd like (above a 3 on the intensity scale), continue to tap along with this tapping meditation. Feel free to be as specific as possible as you think about your own situation.

Use this process whenever you need a reset. The more you do it, the more you retrain your brain and body to release anxiety/stress naturally and quickly; creating a sense of peace and calm.