

A SELF-PACED SELF-HELP COURSE FOR
ANXIETY & REGAINING CONTROL

ZerModus

Certifiably Sane

let's unblock and process your energy

SECOND TOPIC - PART TWO

CALM MODUS





calm modus - tapping

the purpose of this concept

The use of tapping is an extremely simple and emotionally passive technique for grounding your body and regulating your nervous system. This psychological acupressure technique has been proven to significantly reduce symptoms of PTSD, anxiety, depression, chronic pain, and other conditions.

TAPPING TECHNIQUE

calm modus no. 2

unblocking energy from tapping meridian points

TAPPING TECHNIQUE

why it's so great

tapping technique

It's a very passive way to help regulate your body. It's not emotionally taxing. It works very quickly. It doesn't require any outside resources and can be done anywhere at anytime to calm you down.

tapping = not emotionally taxing



how it works part one

tapping technique

Meridian points are a concept derived from ancient Chinese medicine. They are the pathways for energy or "qi" that flow and nourish our organs.

meridian points = energy pathways



how it works part two

tapping technique

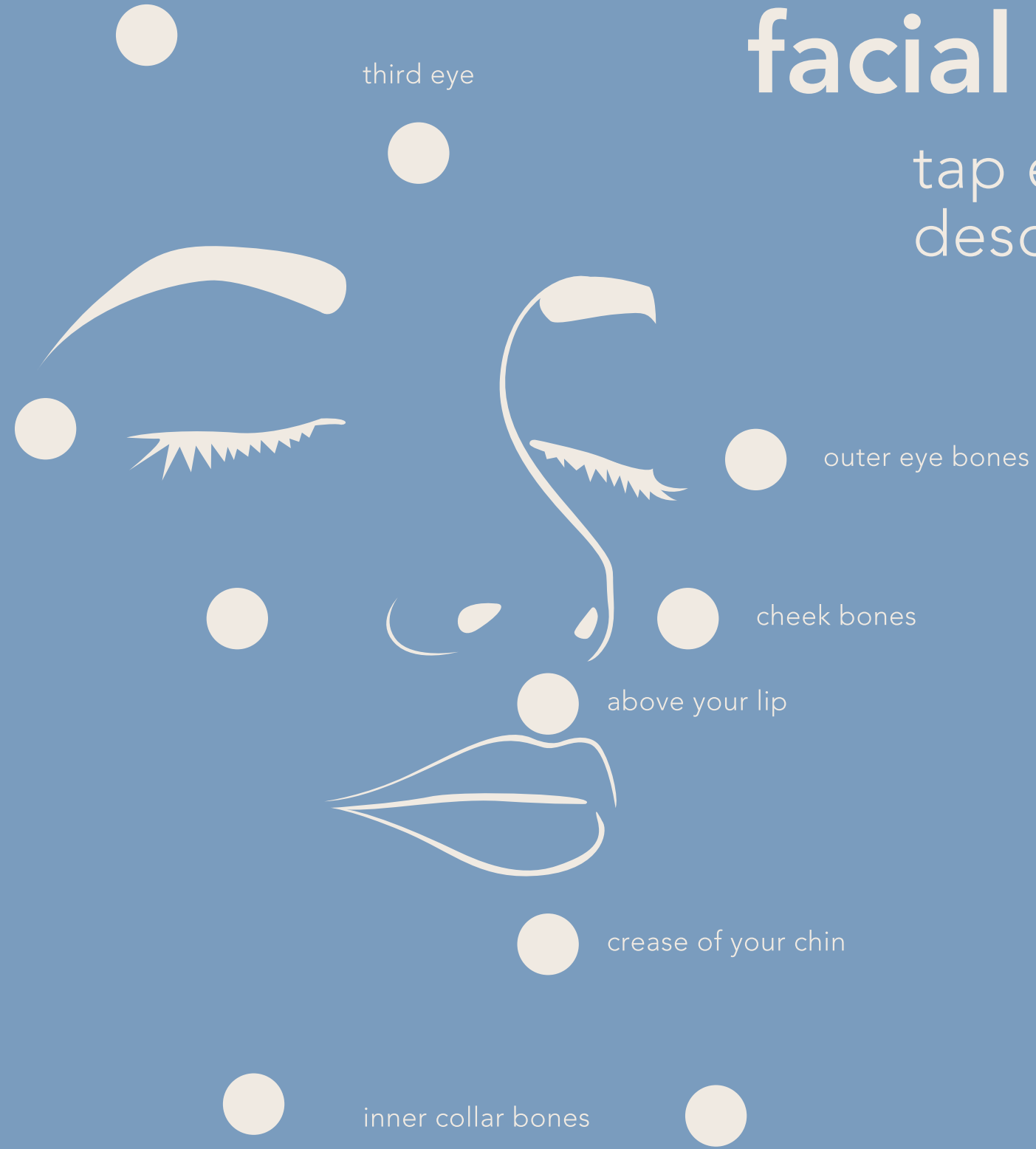
Acupuncture uses small needles to activate meridian points but you can also easily use acupressure by tapping the meridian points with two fingers. The tapping unblocks energy.

tapping meridian points = unblocking energy



start here

crown of your head



facial meridian points

tap each meridian point 5x - 20x
descending from your crown

karate chop
outer hand



tapping technique

calm Rx modus no. 2



unblocking energy

WHEN

when your anxiety level is a 5 or higher on a scale of 1-10

DURATION

tap each meridian point with two fingers 5x-20x

HOW

pick one issue to focus on

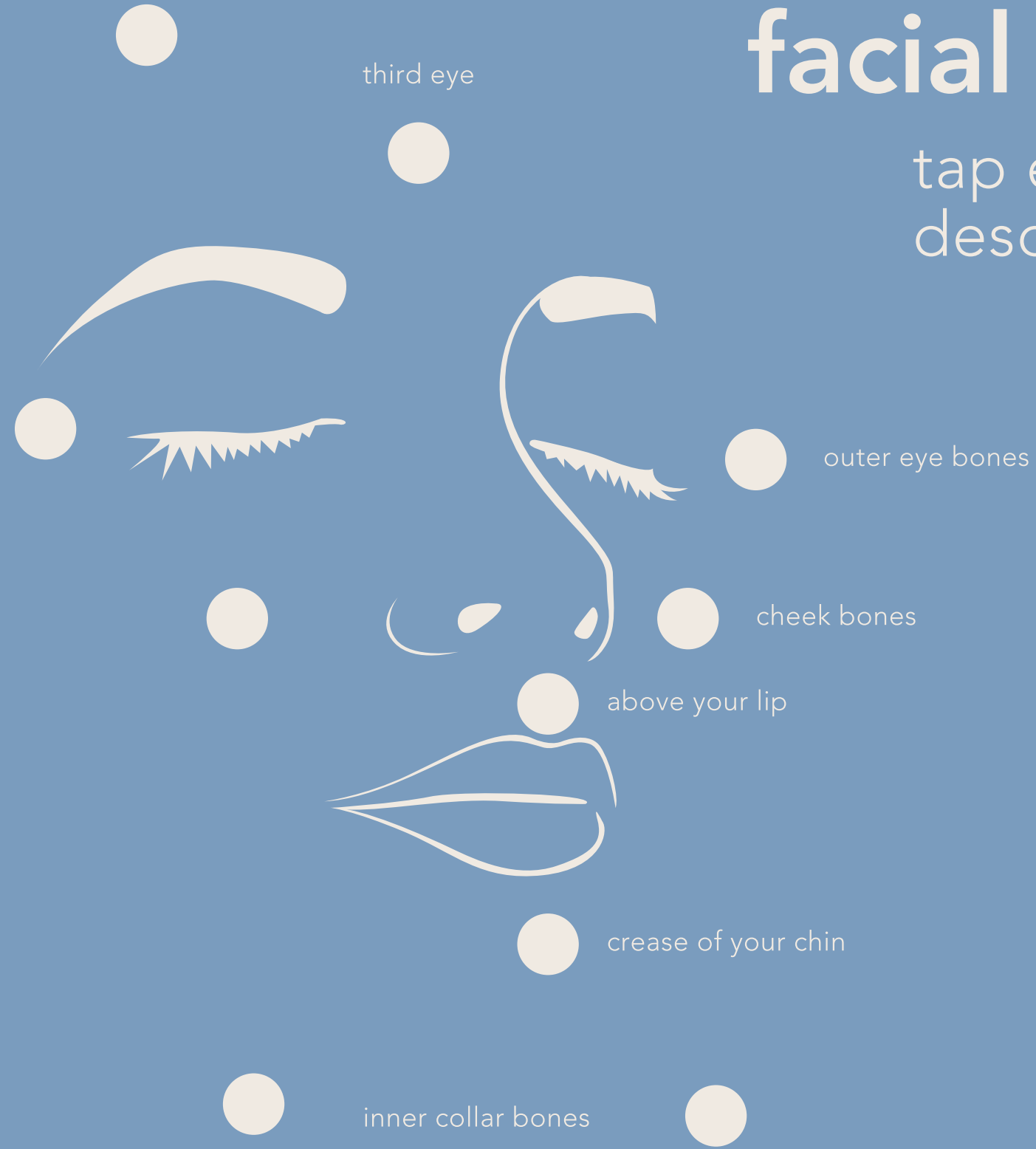
rate your anxiety level from 1-10

tap each meridian point with two fingers, 5x-20x descending from the crown of your head

continue to focus on this issue while tapping until your anxiety level is 0 out of 10

start here

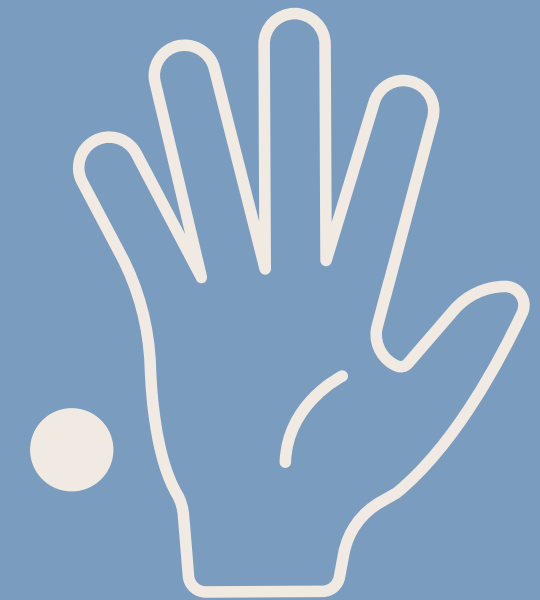
crown of your head



facial meridian points

tap each meridian point 5x - 20x
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let's *recap* shall we

- 0 1 meridian points are energy pathways
- 0 2 tapping meridian points unblocks your energy and balances your body
- 0 3 the act of tapping while focusing on something that makes you anxious helps your body process it and regulate itself
- 0 4 you can easily rate your anxiety levels while practicing this to test it's effectiveness



that's a
wrap folks

thanks for listening, onto the next bit

