



TAPS
Institute for Hope and Healing

Wellness Techniques for Reducing Stress and Anxiety

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Presented by 



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Mindfulness vs. Stress

... a discussion and practice with tools to reduce anxiety and stress, along with

...mindfulness techniques and introductions to the Heart Coherence Procedure and EFT (Emotional Freedom Techniques)

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The greatest weapon against stress is our ability to choose one thought over another.

- William James


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I've experienced so many terrible things in my life and some of them actually happened!
- Mark Twain

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An old Cherokee chief teaching his grandson about life...

"A fight is going on inside me," he said to the boy. "It is a terrible fight and it is between two wolves.

One is evil, he is anger, envy, sorrow, regret, greed, arrogance, self-pity, guilt, resentment, inferiority, lies, false pride, superiority, self-doubt, and ego.

The other is good, he is joy, peace, love, hope, serenity, humility, kindness, benevolence, empathy, generosity, truth, compassion, and faith.

The same fight is going on inside you and inside every other person too."

The grandson then asked his grandfather, "Which wolf will win?"

The old chief simply replied "The one you feed."

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Finger tracing

American Red Cross procedure with Thich Nhat Hanh poem

Breathing in, I know I am breathing in.	[in]
Breathing out, I know I am breathing out.	[out]
Breathing in, I notice my breath has become deep.	[deep]
Breathing out, I notice my breath has become slow.	[slow]
Breathing in, I calm my body and my mind.	[calm]
Breathing out, I feel at ease.	[ease]
Breathing in, I smile.	[smile]
Breathing out, I release.	[release]
Breathing in, I go back to the present moment.	[present moment]
Breathing out, I know this is a wonderful moment.	[wonderful moment]

Thich Nhat Hanh

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Quick Coherence

Transform stress into more authentic care and greater resilience.

Step 1. Focus your attention in the area of the heart. Imagine your breath is flowing in and out of your heart or chest area, breathing a little slower and deeper than usual.

Suggestion: Inhale for 5 seconds and exhale for 5 seconds, or use whatever rhythm is comfortable.

Step 2. Make a sincere attempt to experience a regenerative feeling such as appreciation or care for someone or something in your life.

Suggestion: Try to re-experience the feeling you have for someone you love, a pet, a special place, an accomplishment, etc., or focus on a feeling of calm or ease.

"HRV"
Heart Rate Variability

Quick Coherence Quick Steps:

- Heart-Focused Breathing
- Activate a positive or renewing feeling

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Emotions vs Heart Rhythms

Experiencing regenerative (positive) emotions and attitudes facilitates the maintenance of coherence and resilience. They create neurochemicals that regenerate your system and offset energy drain.

- Appreciation, Gratitude
- Kindness
- Care, Love
- Compassion
- Tolerance, Patience
- Courage, Honor, Dignity
- Confidence
- Enthusiasm, Joy

Heart-Rhythm Patterns

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Tapping Points

EFT Body locations

EFT - Emotional Freedom Technique Tapping Points

3 eyebrow 2 Top of the head
4 side of eye 5 under eye 6 under nose
8 collarbone 7 under lip
1a Sore spot 9 under arm
10 under breast

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**You can lead a horse to water,
but you can't make it drink...**

however,
you can feed it salted peanuts !

Stay thirsty my friends

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About the TAPS Institute for Hope and Healing®

Launched in March 2018 through an alliance with HFA, the TAPS Institute for Hope and Healing® serves as a resource and training center, providing programs for both professionals working in the field of grief and loss and the public.

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Please note: The information provided on this program is intended for educational purposes only.

If you or a loved one needs professional support, please contact TAPS 24/7 at 800-959-TAPS (8277).

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Upcoming TAPS Institute Programs

February 23 **Understanding the Federal Long Term Care Insurance Program**
Live Webinar, Noon-1:00 p.m. ET
Hunt Kerrigan, Colonel (Ret), Leader, New Hampshire Military Coaching Alliance and **Lisa J. Roussel, CLTC, LTCP**, Account Manager, FedPoint

March 16 **Coping with Grief and Guilt**
Live Webinar, Noon-1:00 p.m. ET
David Feldman, PhD, Professor of Counseling Psychology
Santa Clara University

Visit taps.org/institute to learn more and RSVP!

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