



FREIA

FINDING RECOVERY & EMPOWERMENT FROM ABUSE

Anxiety Tap technique

FROM DONNA EDEN ENERGY MEDICINE



WHEN TO USE IT

- Feeling anxious or butterflies in stomach
- Experiencing an upset stomach

COMMON RESULTS

- Feel calmer
- More relaxed

STEPS

- Using pads of index and middle fingers, gently tap on cheekbones directly under eyes at least 15 times
- Breathe deeply - in through nose, out through mouth, several times.

