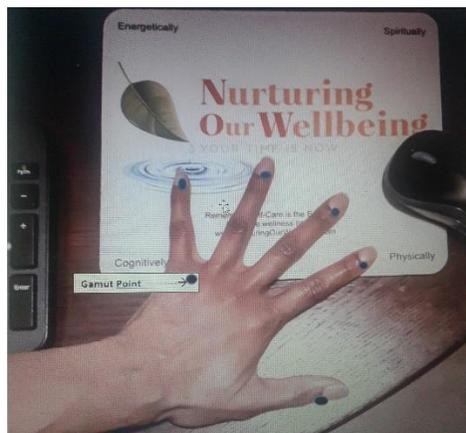




## Discrete Calming of our Flight-Flight-Freeze Response in Public Spaces

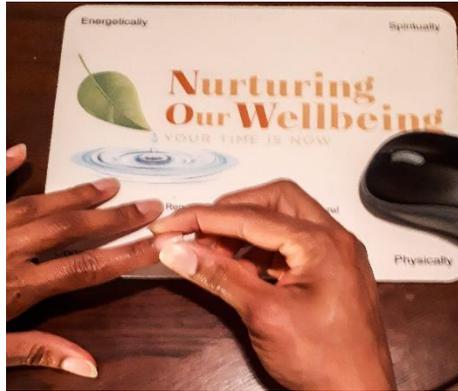
I get it, I get it...it can be awkward when you are in a public situation where you feel that tapping could relieve some stress but you don't feel comfortable doing that in front of others.

Let's learn two very simple methods to allow you to access the same energy lines (meridians) and management of stress, but is a bit more discrete.



1. **Finger Point Tapping** as shown above is great to practice during a meeting, out for a walk or having an intense conversation with a person. Another time finger tapping is useful is if you are having [sleep](#) difficulties or having trouble getting back to [sleep](#). Rather than moving around too much, gentle tapping on these areas of your fingers can offer you great results. Also, apply pressure on your Gamut Point (also shown above) can offer a sensation of calm. With practice, you can even learn to tap on the finger points with the thumb or other fingers of the same hand, minimizing movement. Try it out!

2. Second option is to **gently hold the thumb and then each finger** in turn as seen in the images here. Most often this is done by using the thumb and index finger of the dominant hand to hold and gently squeeze both sides of the thumb and fingers near the corner of the nail bed on the other hand. Each finger is held for about as long as it takes for one full inhalation and exhalation. Then move to the next one.



This is a much more discrete method of using meridian endpoint stimulation to calm your mind. You can have your hands below a desk at a meeting and nobody will even see. Or perhaps you need it when waiting in line or waiting on your child to explain something to you...the opportunities are endless.

Might seem or feel strange at first, but we touch and put pressure on our bodies naturally time to time (i.e. rub our temples when noticing a slight headache), it is our mindset that might prevent us from trying something new. I do hope you try these as the benefits of neutralizing negative energy and allowing any blockages to dissolve are essential.

**Remember Self-Care is the Best-Care and Your Time is N.O.W** so give it a try and let me know how it goes!