

# Tapping: Exercise #1

## The Four Thumps

### *When to use:*

- First thing in the morning or mid-afternoon to wake up
- Feeling your stress levels ramp up
- Before a meeting or performance to ground your energy
- Overwhelmed by events happening and processing what's going on
- Noticing the first signs of a cold coming on

### *How to use:*

Using three fingers on each hand, tap the following points with your ring, middle, and pointer fingers with moderate pressure. Breathe in through your nose and exhale out of the mouth for about 30 seconds at each point or until you feel complete.

