

Developing tools to manage your stress, frustrations and anger will be critical to successfully implementing this parenting model. There is a variety of material (CDs, podcasts, uplifting radio shows and meditations) online and at your local library that you should take advantage of when choosing your preferred relaxation methods. What works for some, may not work for you and it may take you some time before you find what soothes you best.

In the meantime, here are two, free, ready-to-practice tools that you can use anytime on your own and teach your children to use as well.

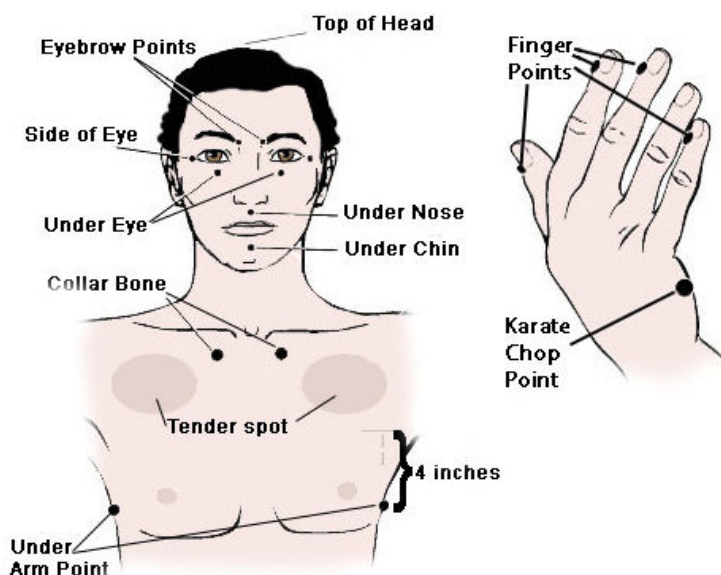
## DEEP BREATHING

**The neurological system is affected by three things:  
Glucose (food), Sensory Stimulation (movement/exercise) and Oxygen.  
Oxygen is the most influential of all!  
TEACH your kids to DEEP BREATHE!**

- ❖ Inhale deeply; breathing from your diaphragm (below your ribcage - in your belly).
- ❖ Exhale deeply as you contract your belly.
- ❖ Inhale again, slowly, as you count to eight, expanding your belly fully.
- ❖ Continue inhaling slowly as you expand your chest, raising your shoulders up to your ears.
- ❖ Hold this position, close your eyes and wait a moment.
- ❖ Then exhale slowly, release your shoulders, relax your chest and contract your belly.
- ❖ Repeat until you feel a sense of calm and well-being return.

## EFT

EFT is an energy therapy (like acupressure) that involves tapping meridian points on the body to correct energetic imbalances that can result in negative habits and emotional disturbances. You can use EFT to help clear limiting beliefs, addictions, physical ailments and more. Try it on everything from headaches to rage to low self-esteem. Just tap it out!



### EFT TAPPING SEQUENCE

Opening Statement: *"Even though I... (name the problem), I deeply and completely love and accept myself."*

Repeat 3x while tapping the **Karate Chop Point** or rubbing the **Tender Spot** (on chest).

Continue while tapping the points below (7-10x) in the following sequence:

1. **Eyebrow**
2. **Side of eye**
3. **Under eye**
4. **Under nose**
5. **Under chin**
6. **Collarbone**
7. **Under the arm**
8. **Top of the Head**
9. (add **Finger Points** from thumb to pinky for severe cases)

Visit [www.emofree.com](http://www.emofree.com) for more information.

