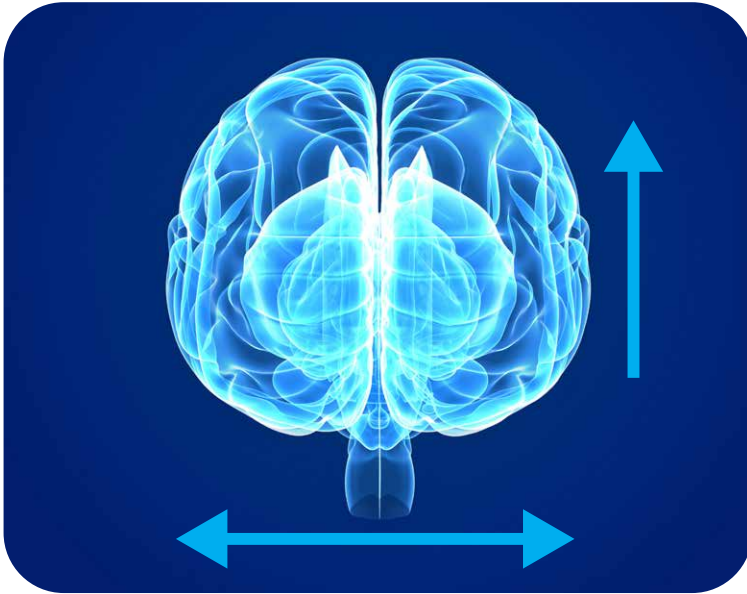


## Why does bilateral tapping work as a calming resource?



- Your brain immediately senses the tapping
- The bilateral tapping activates each hemisphere of the brain, which automatically begins to calm down the fight/flight response
- Use this resource as often as needed, to help you feel less anxious, less stressed and less overwhelmed

"...we can actually use techniques that stimulate each cerebral hemisphere in an alternating pattern to inhibit the amygdala."

— Robert Scaer, M.D. (2012), *8 Keys to Brain-Body Balance*, p.144

"The physiology of stress puts us on high alert for danger and gets us ready for gross motor movements associated with "fight or flight" to survive. In stress, there is no need for high level formal reasoning or creativity, so the thinking part of the brain shuts down as much as 75-85%. This is why it becomes difficult to think logically, creatively or to absorb new learning. Coordinated bilateral movement and rhythm lead to high coherence and improved brain function."

— Carla Hannaford, Ph.D., *SMART MOVES* (2005, 1995)  
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