

# 9 Ways to Feel Less Stressed During the Pandemic

DEBORAH H. DONNDELINGER

Disclaimer: All the information in this book is for general information and educational purposes only. Is it not intended to be medical or health care advice. Please consult your qualified healthcare practitioner if you have questions regarding your use of tapping.

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## **Dedication**

To all the nurses, doctors, healthcare workers, scientists,  
state governors, world leaders, farmers, truck-drivers,  
distribution workers, customer service employees, and more  
who show up with care, competency, and skill.

## Preface

This mini-book is being written in the beginning stages of the 2020 pandemic that is affecting the world right now.

Everyone is feeling stressed, sad, shocked, and overwhelmed. I am sharing these tapping ideas with you because I have seen how tapping helps people move through the emotional intensity using the wisdom of the mind-body connection. If you are too antsy for meditating, try tapping!

This mini-book is a series of tapping ideas addressing the main emotional themes I'm seeing as we all navigate the pandemic.

Tending to your emotional distress is an act of self-care. With tapping and this book in your hands, you only need a few minutes a day to find relief.

*~ Deborah Donndelinger*

## Table of Contents

Introduction.....	6
The Emotional Journey.....	7
A Vague Sense of Worry.....	8
I'm So Stressed.....	11
Surviving the Shock.....	13
Angry at Other People.....	15
Feeling Alarmed in My Body.....	17
This Feels Like the Plague.....	20
Fast Adapter, Stabilizer, or Forecaster?.....	23
Be "Selfish" With Your Grieving .....	26
Feeling Hopeful.....	28
We Are So Resilient.....	30
Bits and Pieces.....	33
Resources.....	33
Practitioners.....	33
EFT and Other Organizations .....	34
Other Information.....	34
Appendix: Tapping Basics.....	36

## Introduction

The tool we are using here is called tapping, also known as Emotional Freedom Techniques (EFT). Tapping is a way to help calm ourselves down and work through painful feelings. It's a self-care tool that you can do all by yourself. I've been using tapping since 2006, for myself and with other people. I'm an accredited, advanced EFT practitioner, and I know for myself and through my work the profound relief one can get through tapping.

If you're new to tapping, you might be thinking, "Okay, how do I use tapping to help myself feel better?" It can be a bit overwhelming, so I'm going to try to keep this simple. We're going to be working on nine feelings concerning the pandemic. You can start at the beginning and do one idea a day. Or you can pick which ones appeal to you and go in any order.

For a video demonstration where I talk and tap about the virus and show you the points, watch here:

<https://www.deborahdonndelinger.com/tapping-to-feel-less-stressed-video>

For a more detailed written description of the points, go to the last part of this book.

**Remember, please wash your hands thoroughly before tapping.**

## The Emotional Journey

As this pandemic unfolds, I have noticed five themes that we cycle through.

- Vague worry - “Something is happening, but I’m not sure what.”
- Stressed and overwhelm – “It’s too much to handle.”
- Point of shock – “I can’t believe this is happening.”
- Grieving – “I feel guilty about feeling sad.”
- Adapting – “I’m starting to adjust.”
- Vague worry - “Something else is now happening, but I’m not ready to deal with it, yet.”

You might find yourself moving through these feelings quickly, or slowly. Of course, anything you are feeling is valid and can be addressed with tapping.

The tapping ideas shared here are for those of us who are staying and working at home. While tapping has a place in self-care for more intense situations, I don’t have the hands-on experience from the ICU’s and hospital settings to offer specific tapping suggestions.

## **A Vague Sense of Worry**

*"The best preparation for Tomorrow is doing your best Today."*

*~ H. Jackson Brown, Jr.*

As the virus unfolds in the US, people have to prepare and change their behavior without much notice or input from the federal government. Even in countries where there is better leadership, you might have noticed feeling a general unease and worry. Tapping through your general worry can help you find clarity about what you need to do next. This tapping contemplation fits that phase where there is a growing awareness that you need to take new action.

Think of how worried you feel now. Rate that worry on a scale of 0 to 10, 10 being the most worry. Tap until the intensity comes down to a 1 or 0.

### **Tapping**

#### **Setup Statements**

Say out loud the following phrases while tapping on the side-of-the-hand points:

Even though I worry that I am not doing enough, I deeply and completely trust myself.



Even though I'm worried about the elderly, my family, and others at risk, I trust myself to get the right information and to make the right decision.

Even though I'm wondering if I am doing enough to contain and self isolate, I acknowledge how responsible I'm being.

Even though I'm worried about exposing other people by inadvertently catching and transmitting the virus, I trust myself to know what to do.

Even though I'm worried about having enough food, supplies, household cleaning, and yes, toilet paper, I know that I can find options. I'm not as stuck as I think.

Even though I'm worried about some things that are outside of my control, and I'm worried about some things that I can find other choices for, I deeply and completely accept myself.

## **The Rounds**

Tap three rounds using the following phrases as a guide:

Beginning of the eyebrow: I'm worried I don't know enough.

Side of the eye: I'm worried I'm not keeping up with the right information.

Under the eye: I'm worried I'm going to make the wrong decision.

Under the nose: I'm worried that people are hurting, and I can't help them.

Chin point: I'm open to the idea that I can't do it all.

Collarbone: I'm open to trusting the experts.

Under the arm: I'm grateful for the doctors, scientists, nurses, and the medical staff who are working so hard.

Top of the head: Feeling worried and leaning into the experts who do know what they're doing.

### **Affirmation**

Tap one more round using the following affirmation as a guide: I hear my intuition clearly and easily.

## **I'm So Stressed**

*"The time to relax is when you don't have time for it."*

*~ Sydney J. Harris*

Stress is tricky, isn't it? We think that leaping into action will help us feel better in the face of an unknown emergency, but when the crisis is so broad, pervasive, fast-acting, and unknown as this pandemic, we can end up too stressed for too long. The body acts differently when it's flooded with stress hormones, but we can't sustain this stress-response over a long period of time. Tapping can help you get back into the thinking part of your self and out of the reactive part.

On a scale from 0 to 10, how stressed do you feel? Tap until the intensity comes down to a 1 or 0.

### **Tapping**

#### **Setup Statements**

Tap on the side-of-the-hand points using these words as a guide:

Even though I did not realize how stressed I am feeling, I deeply and completely accept myself.

Even though I've been feeling stressed and the news is making it worse, I deeply and completely accept myself.

Even though I've been feeling stressed, and so is everyone else, I deeply and completely accept myself.

### **The Rounds**

Tap three rounds using the following phrases as a guide:

Beginning of the eyebrow: Feeling stressed.

Side of the eye: I haven't had time to catch my breath.

Under the eye: It's like everybody has been breathing in, and they forgot to exhale.

Under the nose: Running around trying to prepare.

Chin point: Feeling stressed.

Collarbone: My body is feeling stressed.

Under the arm: My mind has been trying to prepare.

Top of the head: While my body is feeling stressed.

### **Affirmation**

Tap one more round using the following affirmation as a guide: It's okay to pause and notice how I'm feeling.

## Surviving the Shock

*"No one is so brave that he is not disturbed by something unexpected."*

*~ Julius Caesar*

At some point during the pandemic, if not multiple times, people have found themselves feeling shocked and in disbelief. Is this really happening? The triggering event will be something specific: an event canceled, a stay-at-home order announced, seeing someone wearing a mask for the first time, or perhaps the first death in your community.

Think of the moment when you realized something big was happening. On a scale of 0 to 10, how shocked did and do you feel as you tune into that moment?

## Tapping

### Setup Statements

Say out loud the following phrases while tapping on the side-of-the-hand points:

Even though part of me is shocked at what's happening, I can't quite believe how quickly the situation has changed, I deeply and completely trust myself.

Even though part of me is in utter shock, everything has been up-ended, I still deeply and completely trust myself.

Even though part of me feels shocked, and I haven't quite processed everything that's going on, I'm giving myself time now to notice how I'm feeling.

### **The Rounds**

Tap three rounds using the following phrases as a guide:

Beginning of the eyebrow: I can't believe this is happening.

Side of the eye: Part of me feels in shock.

Under the eye: Everything has been upended.

Under the nose: Part of me is in shock.

Chin point: I can't believe this is happening.

Collarbone: Part of me is freaked out.

Under the arm: I don't know what to do.

Top of the head: Part of me still thinks everything will go back to normal.

### **Affirmation**

Tap one more round using the following affirmation as a guide: We'll get through this.

## Angry at Other People

*"When angry, count to four. When very angry, swear."*

*~ Mark Twain*

You might have noticed anger arising in some of the other tapping experiences. Allow yourself to feel angry, and don't be surprised if a tender sense of vulnerability shows up as you tap.

Think of the things people are doing, or not doing, that are making you angry. On a scale of 0 to 10, how angry are you? Tap until the intensity comes down to a 1 or 0.

## Tapping

### Setup Statements

Say out loud the following phrases while tapping on the side-of-the-hand points:

As I see other people out and about, they just don't care, I deeply and completely honor how much I care.

As I see other people being cavalier and selfish, they just don't care, I deeply and completely honor how much I care.

As I see other people not paying attention to what's going on, I deeply and completely honor how much I am paying attention.

## **The Rounds**

Tap three rounds using the following phrases as a guide:

Beginning of the eyebrow: People are being stupid.

Side of the eye: People are being selfish.

Under the eye: Some people just don't care.

Under the nose: We need everyone's cooperation.

Chin point: But some people aren't cooperating.

Collarbone: Some people see things differently.

Under the arm: Some people are idiots.

Top of the head: Some people just don't understand.

## **Affirmation**

Tap one more round using the following affirmation as a guide: I appreciate how much I care.



## Feeling Alarmed in My Body

*"The body always leads us home . . . if we can simply learn to trust sensation and stay with it long enough for it to reveal appropriate action, movement, insight, or feeling."*

*~ Pat Ogden*

Tune into your body and notice what physical sensations are happening right now. Notice where you feel tense. Notice where you feel numb, or perhaps vacant, like the energy's missing. Notice where you feel warmth and where you feel energy flowing.

Notice the state of alarm your body is feeling. On a scale of 0 to 10, how much alarm do you notice right now? Tap until the intensity comes down to a 1 or 0.

## Tapping

### Setup Statements

Say out loud the following phrases while tapping on the side-of-the-hand points:

Even though I'm feeling some sense of alarm in my body, I deeply and completely accept myself anyway.

Even though I feel like something dangerous is coming,  
I deeply and completely accept myself.

Even though something dangerous is already here,  
I deeply and completely accept myself.

Even though I'm aware of my body feeling stressed. I  
give myself this time now to gently and easily tap and  
feel better.

### **The Rounds**

Tap as many rounds as you wish, moving through the points,  
using the following phrases, one for each point.

Noticing my body.

Noticing any tension in my body.

Noticing my feet and my ankles.

Noticing my calves and my lower legs.

Noticing my quads, my hamstrings, and my knees.

Noticing my hips and my pelvic area.

Noticing my abs, my obliques, and my diaphragm.

Noticing my back, my lats, and my traps.

Noticing my pec muscles.

Noticing all the ribs.

Noticing my neck and my head.

Noticing my neck muscles.

Noticing my jaw.

Noticing my ears and the little muscles that connect the ears to the rest of my head.

Noticing my scalp.

Noticing my eyes and my eyebrows.

Noticing my hair and the connection of my hair to my head.

Noticing my body.

### **Affirmation**

Tap one more round using the following affirmation as a guide: I am safe here in my body, right here and right now.

## **This Feels Like the Plague**

*"I have all these great genes, but they're recessive. That's the problem here."*

*~ Bill Watterson, Calvin and Hobbes*

As I was doing some tapping one morning around the virus, I had the thought, "This feels like the plague." I kept tapping; what came to me are these rather obvious thoughts.

Yes, but we have better healthcare now. Yes, but we have better communication now. Yes, but we aren't living in the 1500s. (I was off with my dates – the plague we learned about in school was in the 1300s.)

We can feel fear that's rooted and being amplified by the past and our genetic memories. If we bring conscious awareness to this fear while tapping, it can shift. To borrow a phrase from Internal Family Systems, what if we can update our fear and let it know it's 2020?

## **Tapping**

### **Setup Statements**

Say out loud the following phrases while tapping on the side-of-the-hand points:

Even though this feels scary, I deeply and completely accept myself.

Even though this feels dark, I deeply and completely accept myself.

Even though this feels like the plague, I deeply and completely accept myself.

### **The Rounds**

Tap three rounds using the following phrases as a guide:

Beginning of the eyebrow: This feels dark.

Side of the eye: This feels like the plague.

Under the eye: This is “the plague.”

Under the nose: This feels big.

Chin point: This feels scary.

Collarbone: This feels dark.

Under the arm: This feels like the plague.

Top of the head: But what if it’s not?

Beginning of the eyebrow point: We have hospitals.

Side of the eye: We have scientists.

Under the eye: We have social media.

Under the nose: We have laboratories.

Chin point: We have ICU’s.

Collarbone: We have technology.

Under the arm: We are more resilient than ever before.

Top of the head: We can survive this.

**Affirmation**

Tap one more round using the following affirmation as a guide: I carry the memory of resiliency in every cell of my body.

## Fast Adapter, Stabilizer, or Forecaster?

*"If the person you are talking to doesn't appear to be listening, be patient. It may simply be that he has a small piece of fluff in his ear."*

*~ Winnie The Pooh*

I've been thinking about our response to the pandemic through the lens of personality type. Some people are fast responders. They do well when there's an urgent need, and something fast has to happen. However, once the situation becomes more long-term, these folks can't run on adrenaline anymore. They can feel a little bit bored, restless, or feel discontented.

Another type is a bit slower to adapt; they are the stabilizers of our communities. They might be thinking, "What's the fuss? I don't need to change anything, yet." Once they realize they need to change, there might be a delayed emotional reaction. All of a sudden, they are hit with a bunch of feelings, but everyone else has already moved on.

The third type of person that comes to mind is the person who saw this coming, the person who takes a long view, and they've been worrying about this and processing for a while. They might feel angry as they wonder, "Why isn't everybody else getting on board with what has to be done?"

As you consider which of these fits you, realize that we need all three types. Consider if what you are feeling and doing is helpful for you, or if you need to change something.

### **Setup Statements**

Say out loud the following phrases while tapping on the side-of-the-hand points:

Even though everybody else is way too stressed, I appreciate how calm I am.

Even though I've been busy, but now I'm feeling weighed down, I appreciate how much I can get done.

Even though I'm overwhelmed and can't deal with this yet, I give myself the space to process and catch up.

Even though I'm disappointed that others didn't act sooner, I respect how I see the bigger picture.

### **The Rounds**

Tap three rounds using the following phrases as a guide:

Beginning of the eyebrow: Am I moving too slow?

Side of the eye: Am I moving too fast?

Under the eye: Am I over-reacting?

Under the nose: Am I doing too little?

Chin point: Am I doing too much?

Collarbone: Am I under-reacting?



Under the arm: Finding my timing.

Top of the head: Finding my flow.

**Affirmation**

Tap one more round using the following affirmation as a guide: We each have our way of coping; I don't have to compare myself to anybody else.

## Be “Selfish” With Your Grieving

*“There is a sacredness in Tears. They are not the mark of weakness, but of power.”*

*~ Rumi*

During this pandemic, we are going to be grieving on so many levels. For some of us, it’s an obvious loss: a job, loss of income, a dear one dying. Then we have those secondary losses: life events like birthdays, graduations, trips, concerts, things we valued that didn’t get to happen, but our lives are still okay. And finally, we have the vulnerable grief about our whole world being upended.

As I’ve been telling clients, it’s okay to be selfish with your grieving. Don’t compare yourself to anybody else. Let yourself feel the sadness of what you’ve lost.

What are you grieving, and how sad do you feel? Rate on a scale of 0 to 10. Tap until the intensity comes down to a 1 or 0.

## Tapping

### Setup Statements

Say out loud the following phrases while tapping on the side-of-the-hand points:

As I notice how sad I feel right now, I hold myself with care, compassion, and love.

As I notice this tenderness, these tears, this ache in my heart, I hold myself with care, compassion, and love.

As I notice that I'm feeling sad, I also see the love I have, and I honor both.

### **The Rounds**

Tap three rounds using the following phrases as a guide:

Beginning of the eyebrow: Feeling sad.

Side of the eye: The tears I'm holding back.

Under the eye: This ache in my heart.

Under the nose: Part of me is judging myself, "I don't have it that bad."

Chin point: Part of me can't stop crying.

Collarbone: Feeling sad about everything.

Under the arm: Feeling heart-broken.

Top of the head: This feeling of loss.

### **Affirmation**

Tap one more round using the following affirmation as a guide: It's okay to cry.

## Feeling Hopeful

*"You cannot swim for new horizons until you have the courage to lose sight of the shore."*

*~ William Faulkner*

Now that you have worked through other feelings, you might be noticing gratitude, appreciation, or even hope. What are you feeling hopeful about? What are you appreciating? These might feel inappropriate to ask in the middle of a pandemic, but we humans need to see and feel what's possible. Are there things you are noticing that make you feel appreciative, grateful, or hopeful?

For me, it's noticing the positive environmental impact, seeing pollution and emissions reduced. Some of you might find that as you are at home, you're finding connections with your kids, your animals, your hobbies, or yourself. You might feel appreciation for your local governments showing up and taking action in the absence of national leadership. Or you might be in a country where you are proud of your national leadership that has been decisive and proactive.

## Tapping

### Setup Statements

Say out loud the following phrases while tapping on the side-of-the-hand points:

Even though I feel hopeful while others are feeling sad, I completely trust myself and how I feel.

Even though it is my nature to feel hopeful and to find the potential, and I'm not minimizing anybody else's experience, I hold space for a better world to be revealed.

As I notice that I feel hopeful and grounded, I share that energy with the world around me.

### **The Rounds**

Tap three rounds using the following phrases as a guide:

Beginning of the eyebrow: As Mr. Rogers said, look for the helpers.

Side of the eye: Feeling hopeful.

Under the eye: Seeing how people are working together.

Under the nose: Seeing all the competent leaders.

Chin point: Seeing all the artists and musicians who are sharing their work freely.

Collarbone: Feeling hopeful about our amazing medical and scientific genius minds who are working on solutions.

Under the arm: Noticing anything I feel hopeful about.

Top of the head: Even if I don't feel hopeful right now, I know I will again soon.

## **We Are So Resilient**

*"I've learned that you shouldn't go through life with a catcher's mitt on both hands; you need to be able to throw something back."*

*~ Maya Angelou*

We humans are amazingly resilient, both genetically and practically. On a macro level, think about how we have survived all of these thousands of years. What obstacles did your ancestors overcome in order for you to be here? It's stunning to consider.

The practical aspect is that we adapt pretty quickly. Just look at what you are already doing that you would be stunned three weeks ago to think of. Notice how you have changed your routines, and give yourself credit for that. Our brains develop habits because it frees up precious decision-making energy. You have already developed some new habits. And the more you can accept what is happening, the more freedom that gives you.

## **Tapping**

### **Setup Statements**

Say out loud the following phrases while tapping on the side-of-the-hand points:

As I notice how amazingly resilient I am, my family is, my community is, I deeply and completely accept myself.

As I think about all of the obstacles, all of the plagues, wars, immigration, and more that my ancestors survived for me to be here today, I honor the resiliency built into every cell of my body.

As I think about how about how adaptable I am, how I can evaluate my priorities, and that I've already made all these changes to my routines and my home life, I acknowledge how resilient I am.

## **The Rounds**

Tap three rounds using the following phrases as a guide:

Beginning of the eyebrow: Noticing my physical resiliency.

Side of the eye: Noticing my emotional resiliency.

Under the eye: Noticing my mental flexibility.

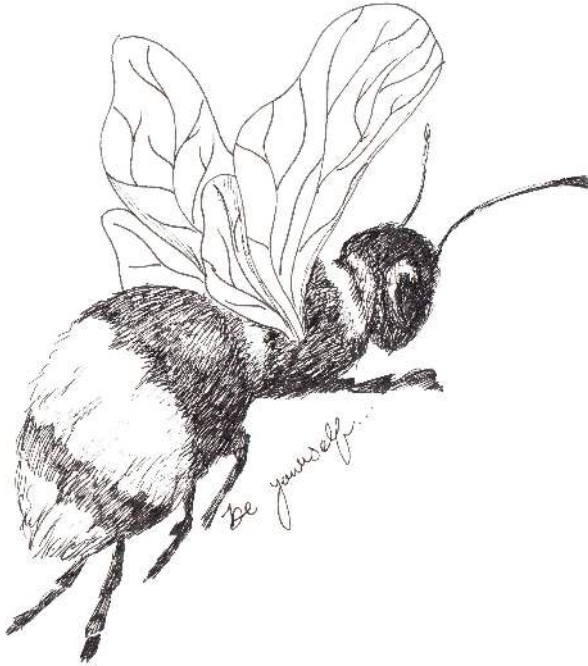
Under the nose: Noticing how people are working together even though they might be physically separated.

Chin point: Noticing all the people whom I respect for what they're doing and the skills they bring.

Collarbone: Noticing in myself the gifts I'm sharing.

Under the arm: Honoring the potential that we have.

Top of the head: Honoring the journey and path of humanity and the world.





## Bits and Pieces

Thanks for reading and tapping along with these ideas. Please do share this with others if you think it would be helpful.

### Resources

Tapping This Week podcast by Deb

- <https://www.deborahdonndelinger.com/podcast>

Healthy in Mind podcast by Sejual Shah

- <https://www.healthyinmind.com/article-Category.php?category=Podcasts>

### Practitioners

Me, of course.

- <https://www.deborahdonndelinger.com/>

Sejual Shah, a gentle and talented EFT practitioner in the UK.

- <https://www.healthyinmind.com/>

Marian May, a brilliant mind-body practitioner in the UK.

- <https://www.marianmay.co.uk/>

Kathy Brown, a gentle Internal Family System practitioner in Florida.

- <https://relationshipconflictresolution.wordpress.com/>

## EFT and Other Organizations

EFT International

- <https://eftinternational.org/>

EFT Guild

- <https://eftguild.org/>

Thomas Hübl's work on collective trauma and resiliency

- <https://thomashuebl.com/coronavirus-news/>

## Other Information

“Free Guide To Living With Worry And Anxiety Amidst Global Uncertainty.” *Psychology Tools*,  
<https://www.psychologytools.com/articles/free-guide-to-living-with-worry-and-anxiety-amidst-global-uncertainty/>.  
Accessed 4 Apr. 2020.

“Phases of Disaster Response.” *ICTG - Getting Leaders Restorative Strategies to Grow after Loss*,  
<https://www.ictg.org/phases-of-disaster-response.html>.  
Accessed 4 Apr. 2020.

## About Deb

I never know how to write these things. What do you need to know about me? I've got lots of training, lots of interests, and like helping people explore the depths of their feelings as they find a way forward. If you need to know more, check out my bio online.

I have written and published two other books, found on Amazon, and currently am doing a tapping podcast found on most providers. Sign up for my email list if you want to be in touch. Or find me on Facebook at:

<https://www.facebook.com/EFTwithDeb>

My beautiful site, thanks to the talented web designer, Pixel Happy Studio, is found at:

<https://www.deborahdondelinger.com/>

## Appendix: Tapping Basics

The tapping procedure has four parts.

Gently specifically name and describe the issue you are working on and its intensity.

Tap on the side-of-the-hand points while saying a particular phrase.

Tap on the rounds, saying short reminder phrases.

Reassess your intensity.

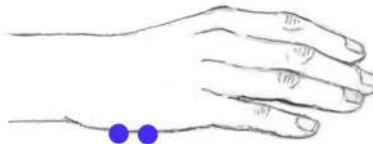
The rounds are a rotation of tapping on eight specific points, one point at a time, while saying short phrases.

### Setup

The points shown in Illustration 1 are used for the setup. While tapping on the edge of one hand, we say a phrase with the following format:

**Even though I have this issue, I deeply and completely love and accept myself.**

Repeat three times while tapping on the side-of-the-hand points with the fingertips of the other hand.

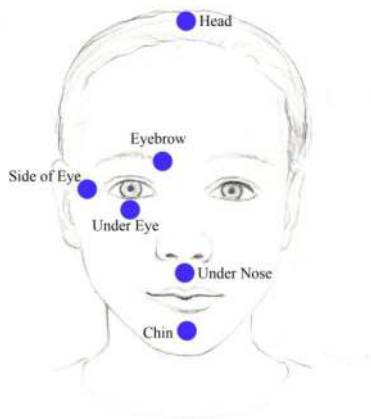


*Illustration 1: The setup points*

## The Rounds

After the setup tapping is done, different parts of the face and torso are tapped while saying a phrase. Each point is tapped by itself, so you are sequentially tapping on eight different points of the body. Tap each point with your fingertips, tapping five to seven times per point. All points are on bone. Tap with some emphasis but not so hard that you hurt yourself.

The head points, shown in Illustration 2, are the eyebrow, the side of the eye, under the eye, under the nose, and the chin. A point on the crown of the head is often included.

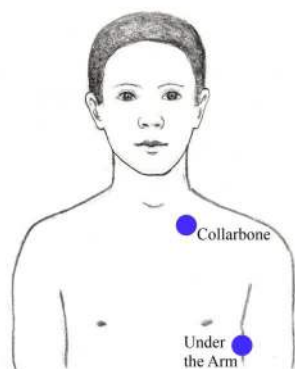


*Illustration 2: The six points on the head*

The **eyebrow** point is located at the beginning of either eyebrow near the bridge of the nose on the orbital bone. The point on the **side of the eye** is found by following the

eyebrow around to its end, near the outside of either eye, on the bone in front of the temple. The **under-the-eye** point is on the orbital bone still, directly underneath the pupil. The **nose** point is under the nose, on the “mustache” area. The **chin** point is between the lower lip and the chin, in the crease below the lip. The **head** point is on the crown of the head.

The torso points, shown in Illustration 3, are on the collarbone and under the arm. The **collarbone** point is located just below the collarbone, one inch down and to the right or left of the notch in the throat. The **under-the-arm** point is four inches below the armpit, along the side of the body.



*Illustration 3: The two torso points*

## **The Language**

Traditional client-focused tapping only uses language directed at the issue we are addressing; affirmative language is not

needed to get changes. For example, if we are tapping on the issue of a sore knee, we might say, “my aching knee,” “this pain in my knee,” and “this sharp, jabbing pain in my knee.”

It is very much okay, and in fact necessary, to use “negative” and specific language while tapping to address issues. Once we have noticed a shift in intensity, we may, but do not need to, add in tapping using positive language such as: “My knee is healthy and flexible,” or “My knee feels great.”