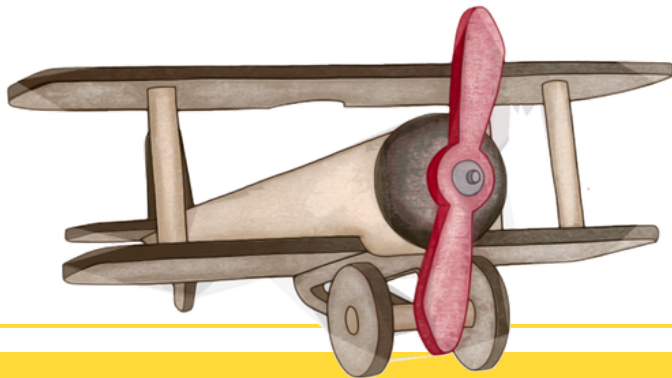


The Little Stressed Elf



Little Elf has a problem — with all the jobs they have to do at this time of year, they find themselves getting their fairy lights in a twist and feeling very stressed...



...be it busy in the toy workshop...

...fetching
carrots
for the
reindeers...



...singing carols...

...or helping Santa
with deliveries...



...the list
just never
ends. Poor
Little Elf.



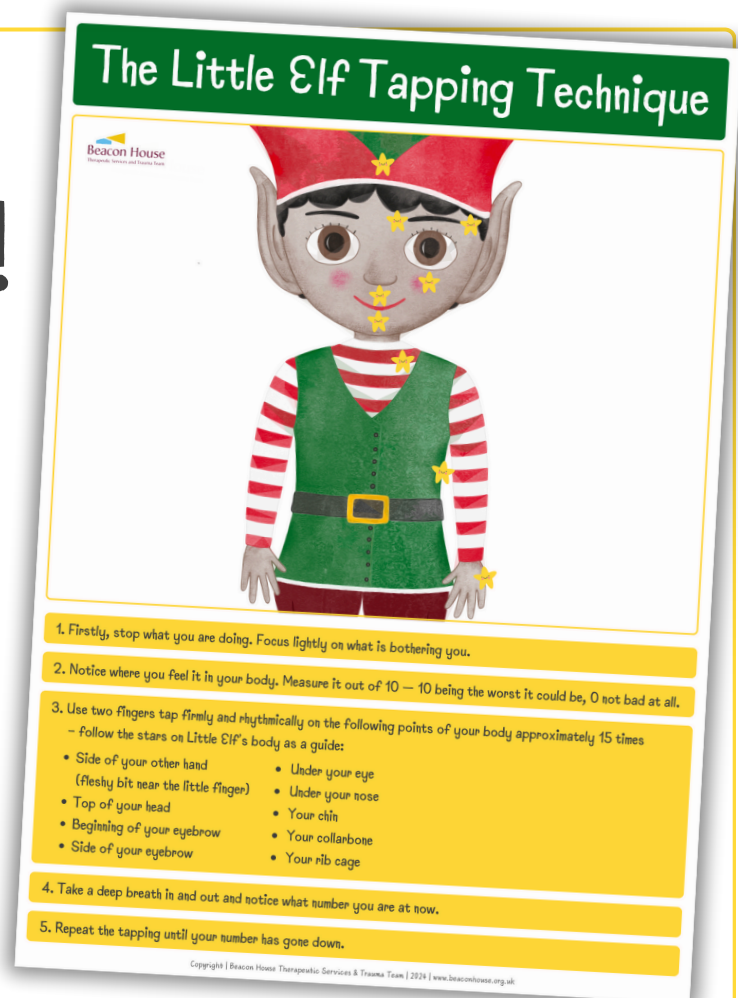


Luckily, Mrs Claus came to the rescue and taught Little Elf a tiny trick to calm their body down when things feel too much. If you find your bells getting jangled rather than jingled, you could try it too...

...the Little Elf Tapping Technique!

Whether you are a little, stressed elf or a big, stressed elf, this tapping technique may help to calm your body.

‘Tapping’ is a self-soothing technique which can help you to lower the symptoms of stress in your body. You can find more great ideas and resources on it here: www.selfhelpfortrauma.org



Turn to the next page for your tapping guide.

Good luck elves and remember — you are more than enough just as you are.

The Little Elf Tapping Technique



1. Firstly, stop what you are doing. Focus lightly on what is bothering you.

2. Notice where you feel it in your body. Measure it out of 10 — 10 being the worst it could be, 0 not bad at all.

3. Use two fingers tap firmly and rhythmically on the following points of your body approximately 15 times — follow the stars on Little Elf's body as a guide:

- Side of your other hand (fleshy bit near the little finger)
- Top of your head
- Beginning of your eyebrow
- Side of your eyebrow
- Under your eye
- Under your nose
- Your chin
- Your collarbone
- Your rib cage

4. Take a deep breath in and out and notice what number you are at now.

5. Repeat the tapping until your number has gone down.