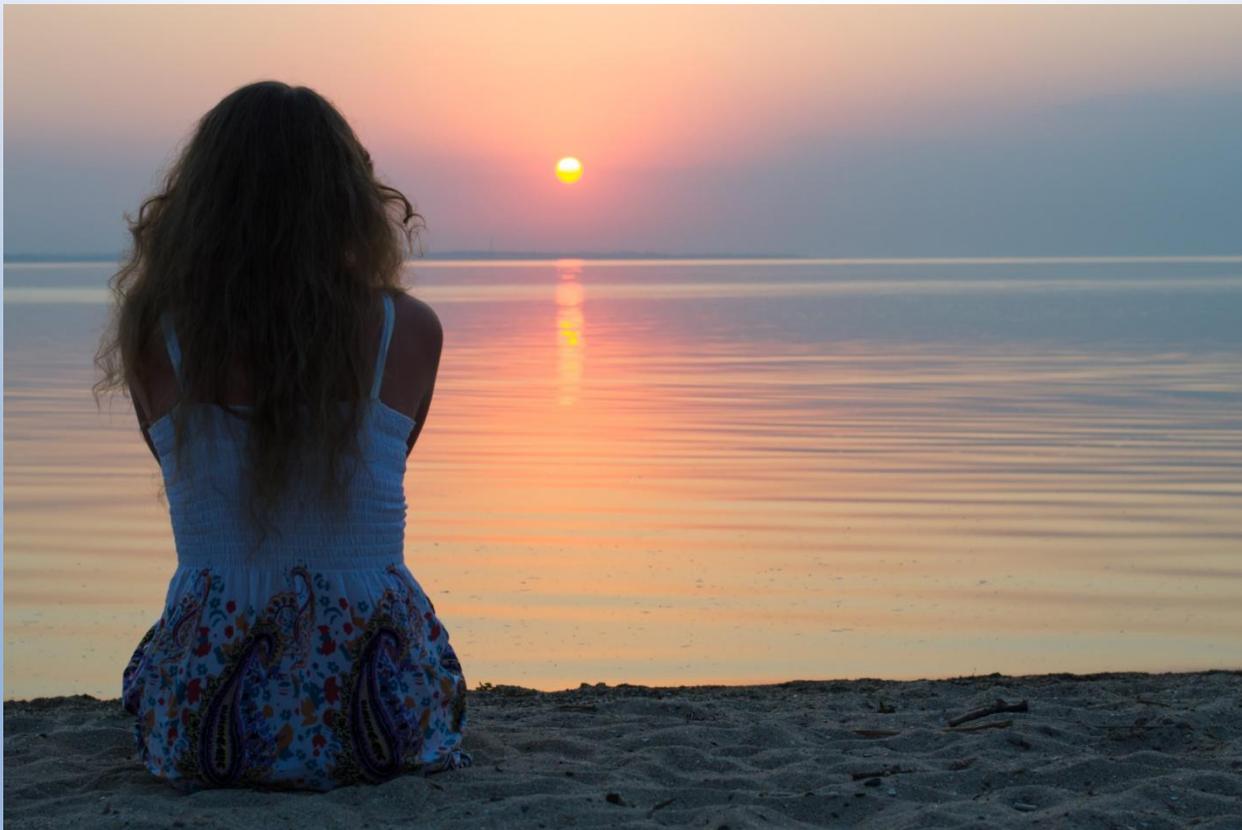


# Three Simple Ways for Christians To Reduce Anxiety And Get Better Sleep Today



**G**od designed us to live healthy happy lives that honor Him and in so doing bring deep meaningful satisfaction to us. Unfortunately in the hurried and worried world we live in today, we often don't experience the deep restful peace that makes it far easier to focus on and do the things that bring Him the greatest glory and us the greatest sense of purpose. On the other hand Christians have a unique access to God's power to change our hearts, minds, and lives.

The following are three very simple strategies for using the way God designed our minds, bodies, and spirits to strengthen our connection to God's life changing power and enhance the natural processes He built right into our being to develop powerful restful peace.

1. Gaining Strength from His Word
2. Easy Tap for Anxiety Relief
3. Gratitude Tapping for Sleep

Turn the page to get started toward less anxiety and better sleep now!

## Gaining Strength from His Word

**R**eminding yourself of God's promises anchors your mind in the eternal truth of His word. As your mind is anchored in His word you begin to see your problems through the lens of God's power and love. Reviewing God's word reminds yourself you are not alone in your difficulty and that you are not powerless if you allow God's spirit to work in and through you. Repeatedly reminding yourself of that truth makes it much easier to face your problems calmly and confidently. You can recognize no matter how big the problem is, it is never bigger than the God who loves you enough to die for you, is powerful enough to create the entire universe with just a word, and is more than wise enough to work out the perfect eternal solution if you'll just cooperate. You can realize you truly have NOTHING to worry about!

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In peace I will lie down and sleep in peace, for you alone, O Lord, make me dwell in safety. Psalm 4:8 NIV

“Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light.” Matthew 11: 28-30 NIV

When you lie down, you will not be afraid; when you lie down, your sleep will be sweet. Proverbs 3:24 NIV

He will keep in perfect peace all those who trust in him, whose thoughts turn often to the Lord! Trust in the Lord God always, for in the Lord Jehovah is your everlasting strength. Isaiah 26: 3-4 TLB

If any of you needs wisdom to know what you should do, you should ask God, and he will give it to you. God is generous to everyone and doesn't find fault with them. James 1:5  
GW

Even though I walk through the valley of the shadow of death, I will fear no evil, for you are with me; your rod and your staff, they comfort me. Psalm 23:4 ESV

And we know that all things work together for good to them that love God, to them who are the called according to his purpose. Romans 8:28  
KJV

If we confess our sins, he is faithful and just to forgive us our sins and to cleanse us from all unrighteousness. 1 John 1:9 KJV

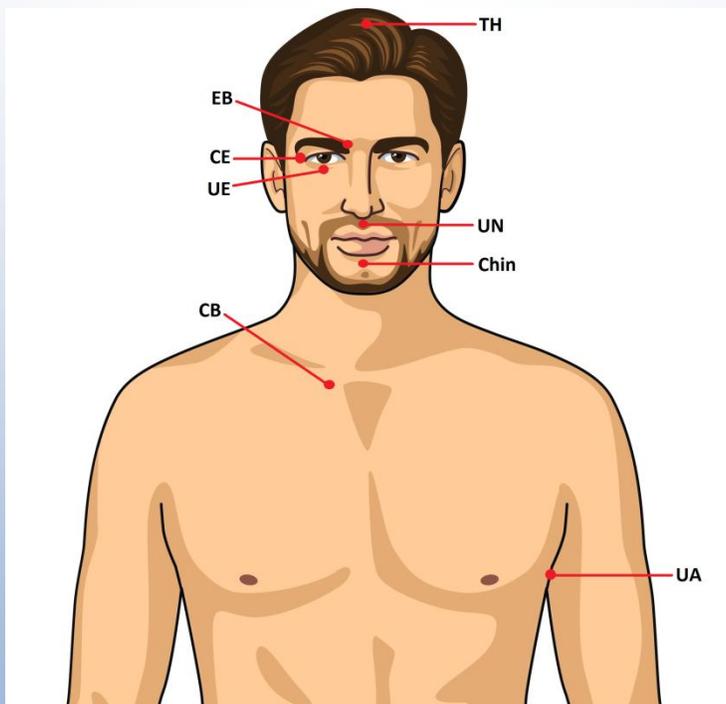
“Ah, Sovereign Lord, you have made the heavens and the earth by your great power and outstretched arm. Nothing is too hard for you. Jeremiah 32:17 NIV

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**W**hile knowing and remembering the truth of God's willingness and absolute ability to protect you grounds your mind in the real truth of an eternal perspective, it doesn't always change the feelings in your body and emotions in your mind. So even knowing, accepting, and believing the truth doesn't always result in feeling relaxed or being peaceful enough for a great night's sleep. That is where these two simple methods can help. Both are simplified versions of Emotional Freedom Techniques (EFT) that I have adapted for myself and my clients. These methods do not replace and cannot offer the full results of clinical EFT or Matrix Reimprinting. However, they can be learned very quickly and provide fast and powerful relief, often in just minutes. I believe great effectiveness of these methods is because they fit well with the way God designed our mind and body to interact.

Here is a diagram of the points you tap for both of these techniques.



- TH = Top of Head 1.
  - EB = Eye Brow\* 2.
  - CE = Corner of Eye\* 3.
  - UE = Under Eye\* 4.
  - UN = Under Nose 5.
  - Chin = Crease on chin 6.
  - CB = Collar Bone\* 7.
  - UA = Under Arm\* 8.
- \* Can use left or right side

## Easy Tap for Anxiety Relief

Use this simple 4 step method to dramatically reduce your feeling of tension or anxiety in just a few minutes.

- 1) Do a mental scan of your body. Look for where in your body you feel or sense the anxiety or other emotion.
  - a. If you have never done this before you may not recognize how your emotions are expressed in your body. If it is difficult for you to find, start at the top of your head and focus on or tune in to how your body feels every couple of inches moving your attention down your body, inside and all the way around your body. The sensation may feel like many different things. It could be a sensation of cold or hot, tingling, sparking electricity or something else. If you continue thinking

- about whatever is triggering your anxiety and keep looking for where you feel it in your body, you will eventually find it.
- 2) Focus on the feeling in your body. Feel the sensation without trying to control it in any way.
  - 3) Start tapping the points shown in the diagram starting with the top of your head and working your way down your body and through each point while continuing your focus on the body sensations connected to your emotion. Tap a few times (approx 3-8 times) on each point before moving on to the next.
    - a. The sensation in your body may change. Often, at first, it will get more intense and may even feel overwhelming for a time. Simply continue to let yourself feel the sensation(s) and keep tapping. The intensity will decrease in a few minutes or less.
    - b. The sensation can move to different areas of your body or change how it feels. Simply allow your focus to follow the sensations and let yourself experience whatever changes the sensation makes.
  - 4) Continue tapping through all 8 points while letting yourself feel the sensations your body is using to express your emotions (thinking about whatever is triggering your anxiety can also be helpful). Continue repeating the cycle again and again until the sensations and anxiety dissolve and disappear.
    - a. While there is no specific length of time or number of rounds that will dissolve the sensations, you will likely experience significant reduction in the sensation(s) and emotion in five minutes or less. It may take significantly longer if you have very intense emotions triggering the sensations.

[Click here for a video demonstration of Easy Tap for Anxiety Relief](#)

## **Gratitude Tapping for Sleep**

- 1) As you are lying in bed waiting to sleep review what went right, what you enjoyed, anything you can be grateful for during the day (or within the last week or so).
- 2) As you think about each thing you are grateful for tap through the 8 eight points. You can express your gratitude to God by simply saying “Thank you for \_\_\_\_\_.” A helpful variation can be saying “Thank you for helping me \_\_\_\_\_” and fill in the blank with some sort of accomplishment like: “getting 3 things done on my To-Do list”, “getting a good grade on my test” or “to say something Christ like when I was frustrated with my coworker instead of telling them off” . This version is especially helpful if you have a tendency to feel overwhelmed with too much to do or feel you might not be capable of doing everything you need to. If you are alone you can speak your gratitude out loud quietly. If you might disturb your spouse, you can just say it in your mind without any sound at all.
- 3) Continue reviewing what you are grateful for and tapping for at least 5 minutes and up to 15. Stop when you start feeling yourself drift off to sleep.
- 4) The more you use this method the better it works. Nearly every sleep study indicates that having a bedtime routine helps you sleep better. If you make Gratitude Tapping a daily habit, often it becomes a quick trigger for sleep, sometimes in as little as a week or two.

[Click here for a video demonstration of Gratitude Tapping for Sleep](#)

## **Living Freed From Stress. Freed for a Life That Matters**

If you would like more scientifically informed tools and strategies designed to work in real life situations using the power and wisdom of our Creator and His word visit <http://TheStressReliefCoach.com>

May you live freed from stress. Freed for a life that matters.

Steven Baerg – The Stress Relief Coach

