

STRESS MANAGEMENT USING EMOTIONAL FREEDOM TECHNIQUES

Emotional Freedom Techniques, also referred to as EFT or meridian tapping, is one modality among many others listed under the umbrella of Energy Psychology in that it works with the subtle energy system of the body. As stated by Einstein, everything is energy and as energetic beings, a life force flows within the body with every breath and beat of our heart.

By tapping on the various endpoints of the energy's transportation system, known as meridians, located on the surface of the head and torso, calming signals are sent to the amygdala located within the brain's emotional centre (limbic system). The result is a more regulated nervous system and an enhanced ability to deal with life's many stressors.

Tapping helps us come back to the present by reducing the stress response.

How to Tap

Tapping on these points does not require any words. Simply tuning into how you are feeling in the present moment is all that is required, while at the same time gently tapping on each of the points for 2-3 rounds. Breathing slowly while tapping helps move the energy and aids with bringing the body into a relaxed response.

Alternatively, you can start by saying a statement out loud about how you truly feel while gently tapping on the side of either hand, which acknowledges where you "are at" in this moment.

Proceed to the eyebrow point, side of the eye, under the eye, under the nose, on the chin, below your collarbone (soft spot), under your arm (four inches below your armpit), then the top of your head.

You can tap on these points using one side of the face (fingers on one hand) or on both sides of the face (using both hands).

Continue to breathe comfortably throughout the tapping sequence. You may physically release stress with yawning, stretching, tearing, or sighing.