

# Tapping Essentials



## For Stress Relief



Georgia Barnwell, BSc, MHA, DHN  
Certified Master Conscious EFT™  
Practitioner & Energy Coach  
[www.georgiabarnwell.com](http://www.georgiabarnwell.com)  
[georgia@georgiabarnwell.com](mailto:georgia@georgiabarnwell.com)  
902-449-9820



## Are you:

- ✓ Juggling too many work and family responsibilities?
- ✓ Unable to find a peaceful moment?
- ✓ On your last nerve?

## You're in the right place!

This booklet brings you some tools to help reduce your stress right now!

Relax and tap into peace and calm as you read through this booklet.



## Why do I feel like I am on my last nerve every day?



Our modern lives are stressful, and even more so with Covid-19, the lockdown and the political and economic chaos that surrounds us. We are all connected and are influenced by the global situation we are experiencing now. And the collective uncertainty is challenging our capacity to stay calm and present in our daily lives. It is also bringing up our own unprocessed issues, whether they are limiting beliefs, undesirable patterns and behaviours or deeper troubling events that we all hold. We all need more self-care to stay present for ourselves and our families.

Conscious EFT™ can help us relieve stress in the moment, and build more resilience as we cope with the inevitable ups and downs of daily life. Once we can build a more stable foundation for our nervous system, we are in a better position to make the changes we need to live the lives we want. Conscious EFT can help us transform limiting beliefs, behaviours and patterns to achieve things we never thought possible.

Read on to learn a bit more about:

- the origin of EFT and how it can be used by individuals and professionals,
- a bit of the science behind EFT and how they balance the nervous system,
- how tapping can reduce stress and bring calm in the moment,
- how you can use these tools to build a solid foundation of emotional success

**Peace and Calm are at your fingertips!**

# Why Learn Conscious EFT™?

Tapping as a regular practice can help us to:

- ✓ build a stronger and more resilient nervous system,
- ✓ protect us from burnout and overwhelm, and
- ✓ help us to be more present and helpful with our families and those we work with.



## What is EFT?

Emotional Freedom Techniques (EFT) is a cutting-edge, scientifically-proven mind/body technique that quickly stops the stress response. It is used by mental health and wellness practitioners, therapists, coaches, educators, parents and anyone who wants to live from a place of calm.

# Benefits of EFT

- ✓ manage stress in-the-moment
- ✓ gentle and easy to learn
- ✓ helps with depression, trauma, addictions, chronic health issues, pain
- ✓ improves athletic performance, challenges around money, relationships or career
- ✓ brings peace and calm to your busy day
- ✓ transforms limiting beliefs, patterns and habits to help you experience the life you want
- ✓ Conscious EFT™ supercharges other practices and helps you engage more deeply, whether it is meditation, Reiki, yoga qigong, Shamanic work.



**Tap the Clouds Away!**

# What is the difference between Tapping and EFT?

You may hear the words Tapping and EFT used interchangeably, but

**Conscious EFT™** uses three levels of tapping that each have specific purposes.

## 1. Bronze Level – Tapping Without Words

- For stress & anxiety – as emotional ‘first aid’
- To create calm in our nervous system
- Tap on face or fingers or both!
- This helps us, and our families to stay calm
- When used regularly, it also helps tone our nervous system to stay present and calm

When we add words, we are doing EFT (Emotional Freedom Techniques) and this is used for more complicated situations and specific events.

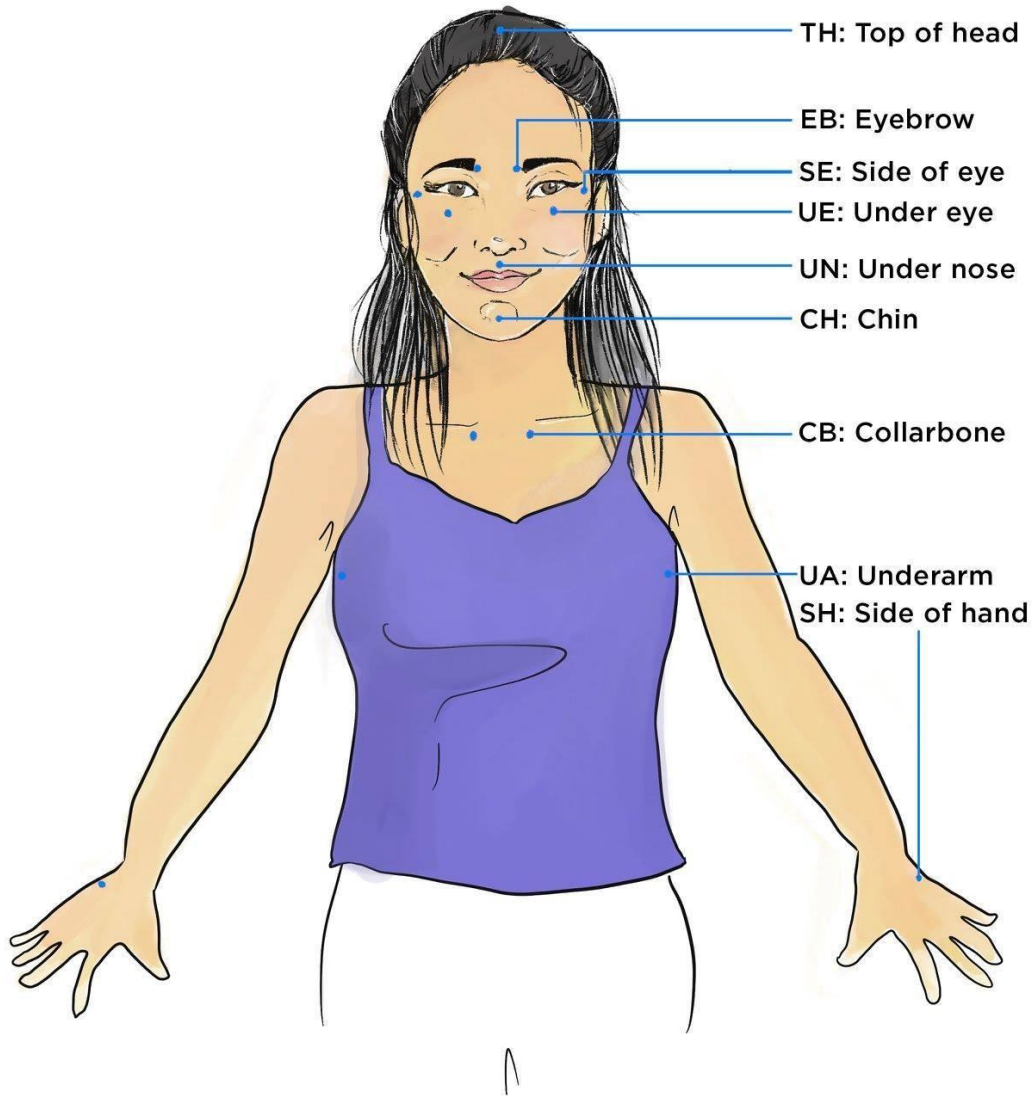
2. Silver Level – Tapping With ‘Scripts’. These are words provide by someone else and focuses on a general issue or disturbance, such as weight, finances, anxiety etc.(Brad Yates and Gene Monterastelli are well-known for their tapping scripts. (<https://tapwithbrad.mykajabi.com/>, <https://tappingqanda.com/>)

3. Gold Level Tapping – uses words specific to you. This is the most effective use of EFT, and the method that has been researched in over 100 studies, targets issues and events specific to your experience in the moment. Research shows this is the most effective to help people clear their systems of troubling events or situations. This can be done with a coach practitioner or therapist to transform issues that hold you back.

This is the type of EFT I use with clients. We work with their nervous system to build safety and resilience first before exploring what holds them back from living the life they want.

And you can learn to do it for yourself and your family

# EFT TAPPING POINTS



Art by Rukmini Poddar

# Four Tapping Tools for Emotional First Aid and Stress Relief

## Mindless Tapping

- ✓ Do it any time, waiting for the coffee, the stoplight, the download, the kettle to boil, watching Netflix, ..... just tap!
- ✓ Not necessarily anything troubling to tap on, this is an intentional practice that tones the nervous system and builds your resilience bank account.

## Favourite Points

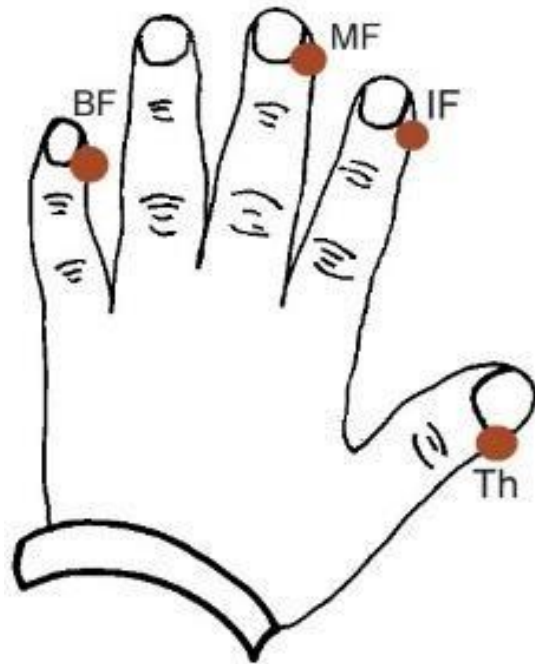
- ✓ We all have a few points that feel best. Feel Free to use these.
- ✓ Can be used when we want to tap but might not want to be seen tapping all over!



## Finger Tapping

For some variety or additional privacy, and kids love the squishy squishy fingersqueezing.

- ✓ Use when you don't want to be seen tapping – this gives you some privacy while you reduce stress!
- ✓ Tap on the top of each finger 5 to 7 times.
- ✓ Or Squeeze both sides of the fingertips.
- ✓ Can be used when obvious tapping is not desirable.
- ✓ Tap while walking or watching TV. Lots of options.



## Tap and Talk

This is useful to get it off our chest and helps process the upset

- ✓ You can use it alone when you are upset. Just tap through the points while you say whatever is in your mind in order to regulate and move toward clarity.
- ✓ You can also use it when you need to have a challenging conversation with someone else. It can help each person hear the other and can change the dynamics of the conversation. If the other person won't tap with you, you can simply squeeze your fingers while you talk to help you stay calm.
- ✓ That troubling conversation could turn out a lot better than you expected just by keeping yourself more calm.



## Havening

Havening is another Energy Psychology tool that can help us calm our nervous system and come back into our Window of Tolerance. Like EFT, it has a variety of applications, and can be done with a practitioner and also used as a tool for self regulation.

It involves gently stroking three areas of the body:

- Upper arms to elbows
- Hands, and
- Face (forehead and cheeks)

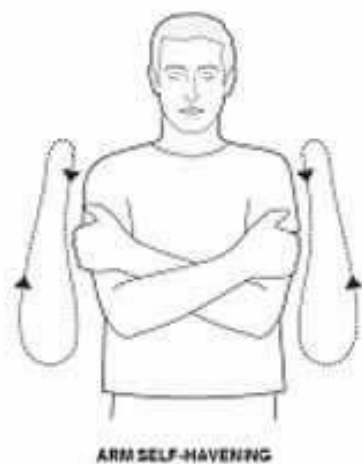
These movements feel soothing to us, sending signals of safety and connection to the nervous system. Research shows that havening will change our brainwaves from stress (alpha waves) to calm (delta waves). This also reduces cortisol, and as we know, as cortisol clears, we have more space for the happy brain chemicals, serotonin, dopamine and oxytocin, amongst others.

As we shift out of stress, new perspectives open up and sustainable change becomes possible.

You can find more information on Havening at [havening.org](http://havening.org) and in the video below. Also, check out youtube for many other examples.

While adding this to your daily practice of stress reduction and self regulation tool, simply stroke the arms, hands and face to gain the benefits.

<https://www.youtube.com/watch?v=IQXbZmuSbFs>



**And like EFT, Peace and Calm are at our fingertips.**

# What happens when we tap or haven?

Our nervous system is wired for safety, and it is constantly checking the environment to make sure it is safe. And if it feels there is a threat, then it mobilizes to help us meet that threat. It evolved when we were living in more constant physical danger than we are now. It had to be ready to flee a tiger or fight an invader. Now, we don't have those threats as a common daily happening.

But our nervous system responds to things that we might interpret as threats – like too much work, heavy traffic or an angry voice. And unless we can process these messages, we end up in chronic stress, which is harmful to our health and happiness.

On the right, we see the different states of our nervous system.

When suddenly stressed, we go into fight or flight. That brings a flood of stress chemicals to our brain and body.

Tapping stops the stress response and help us see things more clearly.

Tapping brings us back into our Window of Tolerance, where we can deal with things without stress.

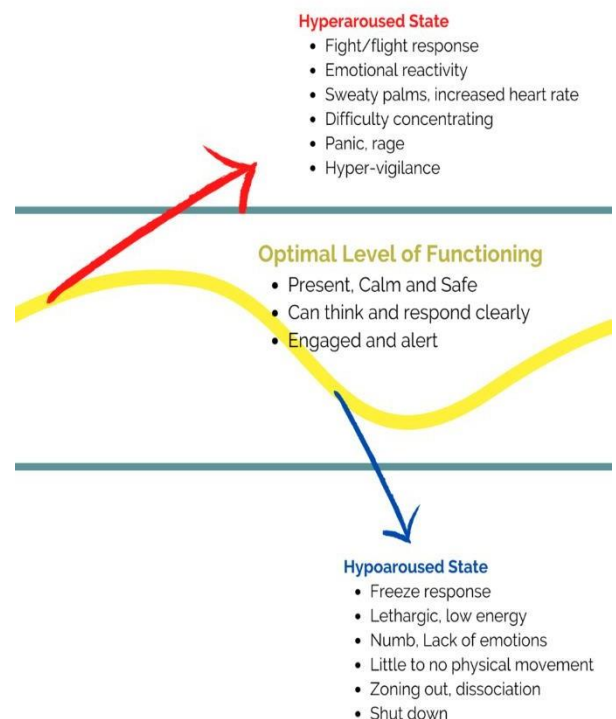
If we are in stress for a long time, and can't fight, flee or process the stress, then we go into a hypo-aroused state called freeze. That's what happens to a lot of us when we have too many stresses to deal with as they come up.

Tapping can also help us release a lot of that trapped stress and bring us back into our optimal level of functioning.

When we are in our Window of Tolerance, we still experience daily ups and down, but we can stay present, think clearly and figure out how to respond to challenges.

Tapping Strengthens and widens our Window of Tolerance and helps us manage daily ups and downs without getting on our last nerve!

## Window of Tolerance

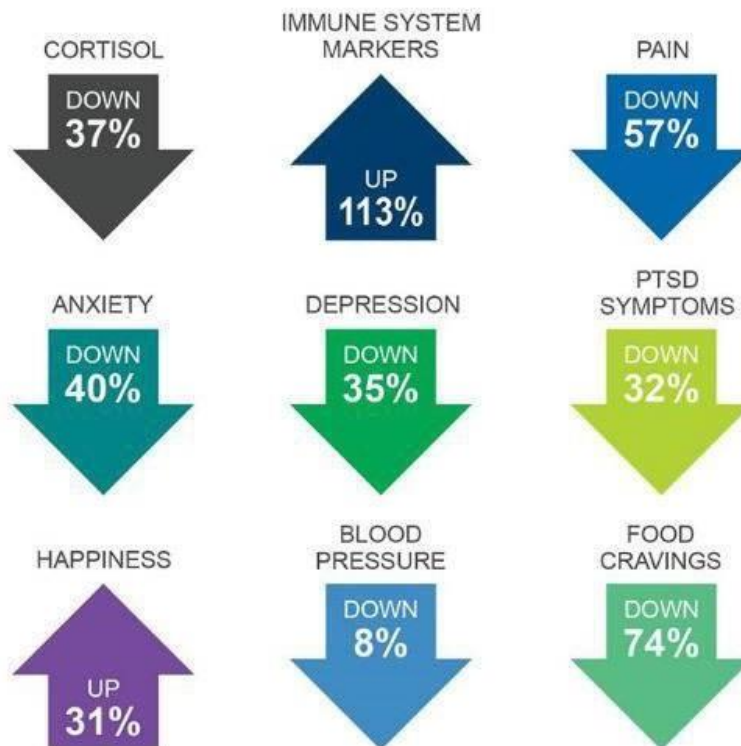


# How do Tapping & Havening Relieve Stress?

- ✓ We are hard wired to detect danger. The amygdala is the emotional brain's 'fire alarm'. When activated, it causes us to go into fight/flight. If we cannot fight, flee or process the experience, then we freeze. Tapping stimulates the end points of the body's 14 energy (acupuncture) meridians sending signals to the amygdala that it is safe, shutting off the stress response.
- ✓ Tapping reduces cortisol and other stress hormones. Without tapping, these can remain in our systems for 24 to 48 hours, shutting down digestion, immunity, other body repair functions, and it also shuts down clear thinking. We are also more likely to be triggered again. Tapping can help the body clear the cortisol in a matter of minutes.
- ✓ Tapping helps us shift into our social engagement system (in our Window of Tolerance) and brings blood back to our thinking brain so we can make better choices.
- ✓ Tapping restores resilience, whether from a momentary stress or from chronic stress, and when used regularly, it builds resilience in the nervous system and we find we are not as easily triggered by the inevitable ups and downs of daily life.
- ✓ Research has shown that when cortisol levels are reduced, we are less likely to be re-traumatized or triggered when we recall a troubling event or situation.

# Does this REALLY Work?

Clinical EFT Improves Multiple Physiological Markers of Health



© Mind Heart Connect 2018. Bach, D., Groesbeck, G., Stapleton, P., Banton, S., Blickheuser, K., & Church, D. (2018). *Journal of Evidence Based Integrative Medicine*.

[www.mindheartconnect.com](http://www.mindheartconnect.com)

# How to work with me using Conscious EFT and Havening

Conscious EFT™ is a Trauma-informed and phased process that first builds our capacity to deal with the daily ups and downs of life. From here we can work on specific issues, behaviours and limiting beliefs that hold you back in life.

## Offerings:

- ✓ One-on-one coaching
- ✓ Reset your Resilience Program to help you live more consciously and intentionally
- ✓ Self-Care for the Caregiver
- ✓ Reset Your Relationship with Food



I offer Conscious EFT™ in a coaching framework. For those with more specific therapeutic needs, I can provide contact information.

Please connect with me for a conversation on how we might work together!

[georgia@georgiabarnwell.com](mailto:georgia@georgiabarnwell.com)

[www.georgiabarnwell.com](http://www.georgiabarnwell.com)

902-449-9820

