



Emotional Freedom Technique Tapping Points: Looks Weird **BUT it's Effective!**

“Acupoint tapping” protocols have been shown to be effective with a range of psychological and physical conditions. In additions, changes in reduction of stress chemicals have also been confirmed.

The Philosophy Behind Tapping

Disciplines such as yoga and acupuncture rely on a body-mind connection, and evidence shows that these interventions can relieve stress, depression, anxiety, and other psychological disorders. However, evidence shows that Emotional Freedom Techniques (EFT tapping) falls into the category of body-centered therapies and has a number of health benefits.

Some of the Benefits:

- ✓ Reduces food cravings
- ✓ Improves pain management
- ✓ Decreases symptoms of anxiety
- ✓ Reduces levels of cortisol (stress chemical in our body)
- ✓ Contributes to the management of symptoms of depression
- ✓ Assists in managing the impacts of trauma on the body

What do I do?

Applying pressure or physically tapping certain parts of your body using your fingers is part of the process involved in settling the central nervous system. When you do it in combination of thinking about what is causing you stress helps your mind understand that you are not in any physical danger and it is safe to relax in the moment.

Wondering how to do it? [Click on this short video to be guided](#)

Remember Self-Care is the Best Care. Why Wait? Start N.O.W