

TAPPING MADE SIMPLE

Also called Emotional Freedom Technique, Tapping is a stress relief method that counteracts the physical "fight or flight" responses caused by stress and aids mental health by rewiring the brain to stop reacting to the stressful stimuli in the first place.



HOW DOES IT WORK?

Simply put, it creates an automatic physical reaction in the body that stops anxiety and can reprogram the brain.



THE KNEE-JERK REACTION

The majority of our thoughts are automatic and driven by the subconscious. Much like the reflex test doctors give when they strike a patient's knee with a small hammer, your brain reacts to a stimulus automatically.



AUTOMATIC FUNCTIONING AND TAPPING

When we encounter a stressor, whether real or imagined, our bodies release harmful stress chemicals that are bad for your health and make it difficult to think clearly. When tapping is added into the equation, it allows your brain to turn the situation around, calm you down, and ultimately remove the stigma attached to the stressor. It sounds too good to be true, but through reprogramming your nervous system, tapping can eliminate the stigma attached to any stressor.

Let's get technical. EFT is an evidence-based method of stress relief that utilizes gently tapping on acupuncture meridian points on the face and upper body to reduce and ultimately eliminate anxiety. Tapping acts as a circuit breaker on the electromagnetic signal of the stressful. It not only interrupts the signal but it also can rewire your brain to not react to the stressful trigger in the first place.



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