

## WEEK 6: Wellbeing Session 6

### Welcome to Wellbeing Session 6

- Hello and welcome to the final wellbeing session for GSC's everyday miracles.

### Introduction to Tapping

- Today I am going to introduce you to a stress reducing technique called tapping, which can also be called emotional freedom technique (EFT) or tension tapping technique (TTT).
- It involves using your own fingers to tap on the acupressure points of the head and torso – if you have heard of acupuncture it is a bit like that but without the needles.
- It is based on the idea that have energy lines running through our body (known as meridian lines or qi) and these can get blocked with negative and difficult experiences and memories – tapping on acupressure points can help shift this energy.
- It might sound a bit out there but studies prove that doing this can dramatically reduce the level of the stress hormone, cortisol, in our system. Doing it can calm our whole nervous system down – great for when we are anxious/overwhelmed or have to do something nerve wracking like go on stage or have an interview!

### How to Tap

- For clear and thorough instructions on this, follow the points on the downloadable worksheet.

### Points to consider

- Sometimes with tapping, the intensity of the feeling you are experiencing can increase instead of decrease – this may just be that you have connected with a deep or charged memory or emotion – keep tapping the points and become aware of your surroundings if this happens (open your eyes, feel your feet on the ground etc). Keep tapping until the intensity decreases.
- Even if you don't notice a difference straight away as you tap, I would suggest trying this for a few days and see if you notice any shifts. Try to do it morning and night – think of it like an emotional hygiene routine! It can be a great way to start and end the day.

- You might find tapping on certain points useful – that is great, focus on those if that is helpful for you. As with all these activities, use them in ways which work for you.

### **Thank you and goodbye**

- Thank you so much for watching and engaging and connecting with me in this way.
- Keep finding things that work for you and keep taking care of yourselves.

