Tapping for Relief

Using Emotional Freedom Technique

Facilitated by Jenny Opdycke, PAC

SWMI Health Matters

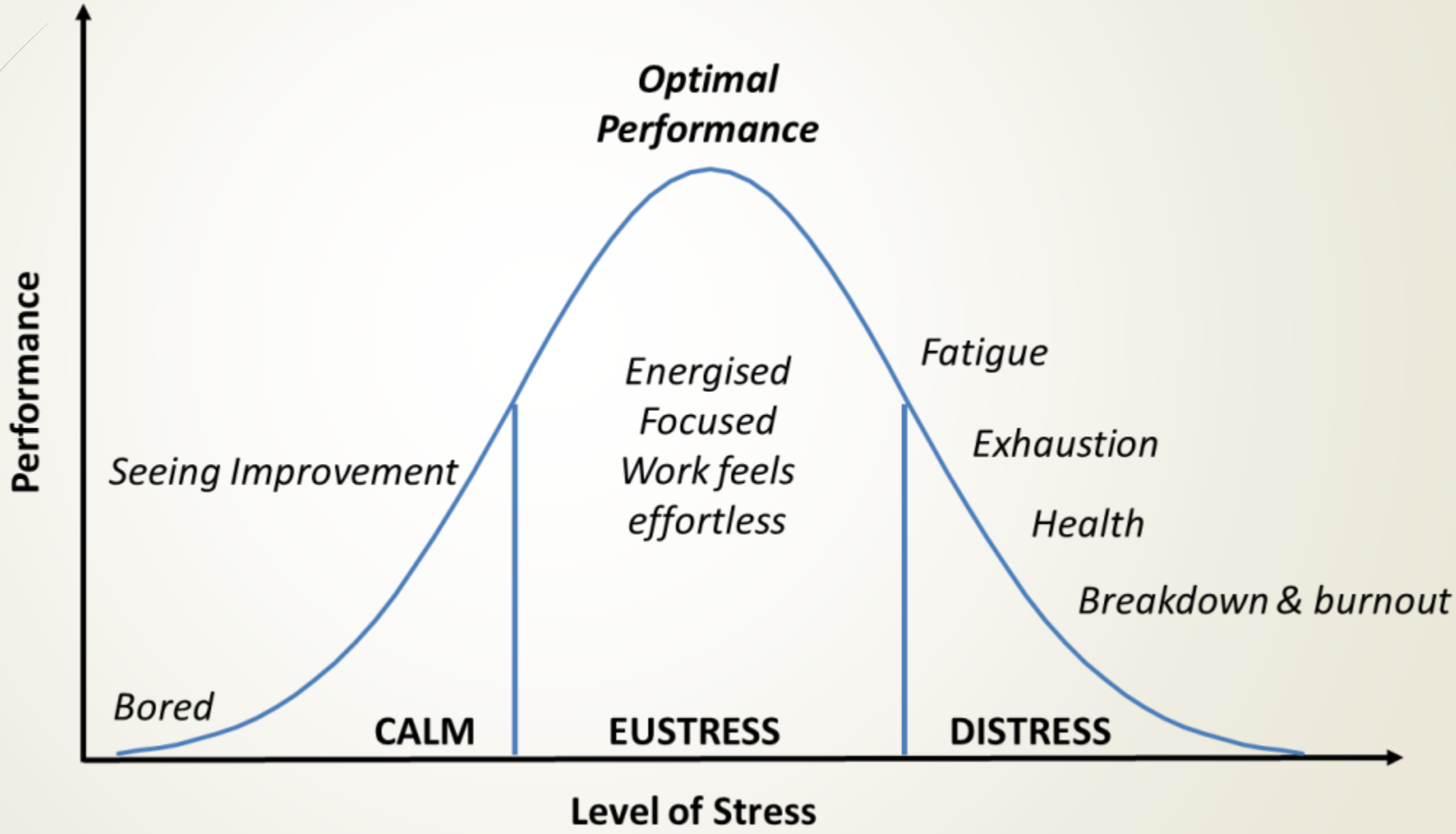
Family Medicine & Holistic Wellness Center

Life has gotten nutso

- Stress has become all pervasive
- Long to-do lists
- Never-ending multitasking
- Pressure to do more (with less)

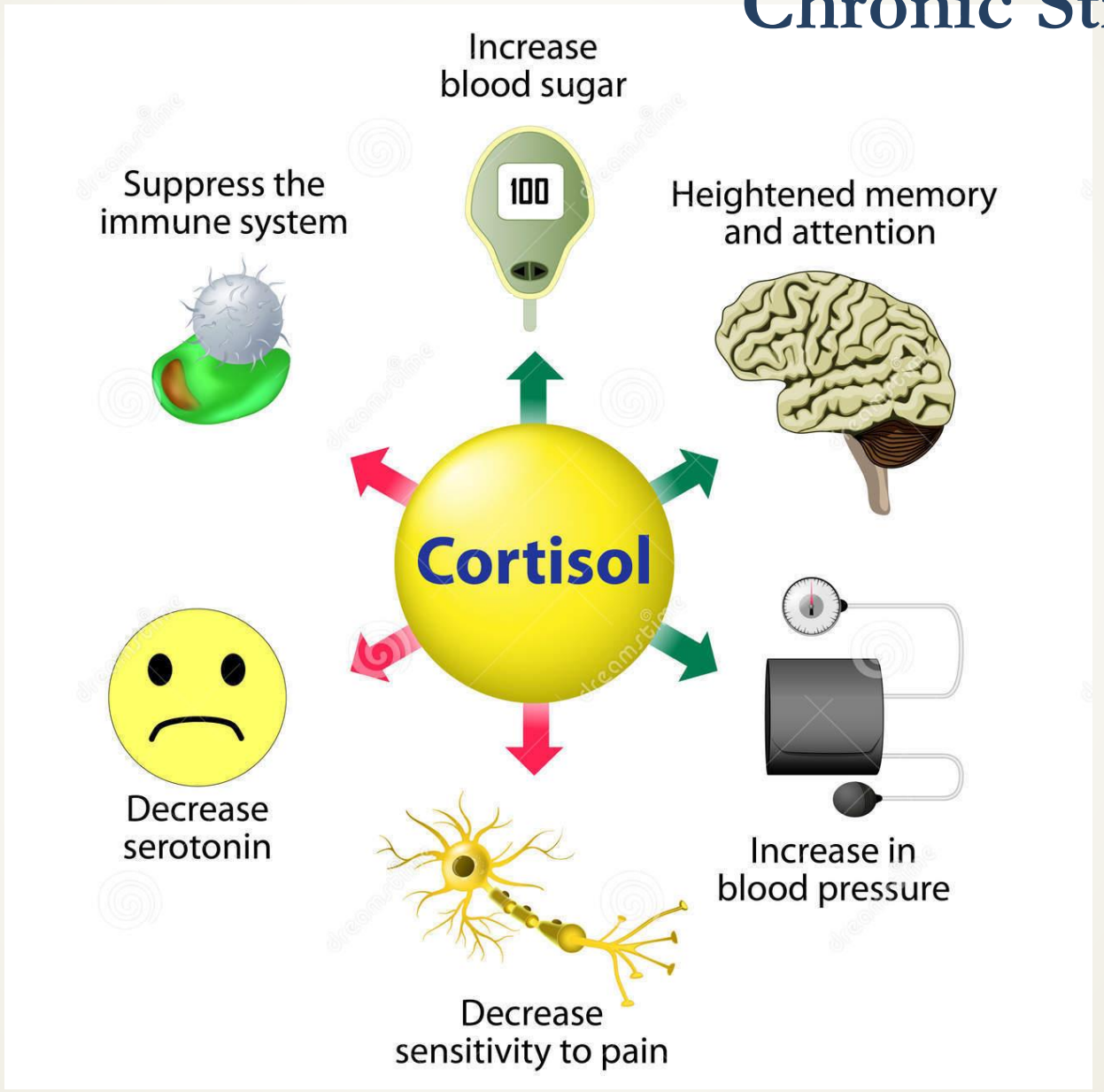
The Yerkes-Dodson Curve

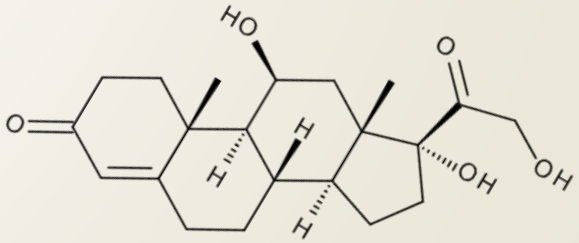
Balance Stress & Peak Performance



Chronic Stress Response

impact of cortisol

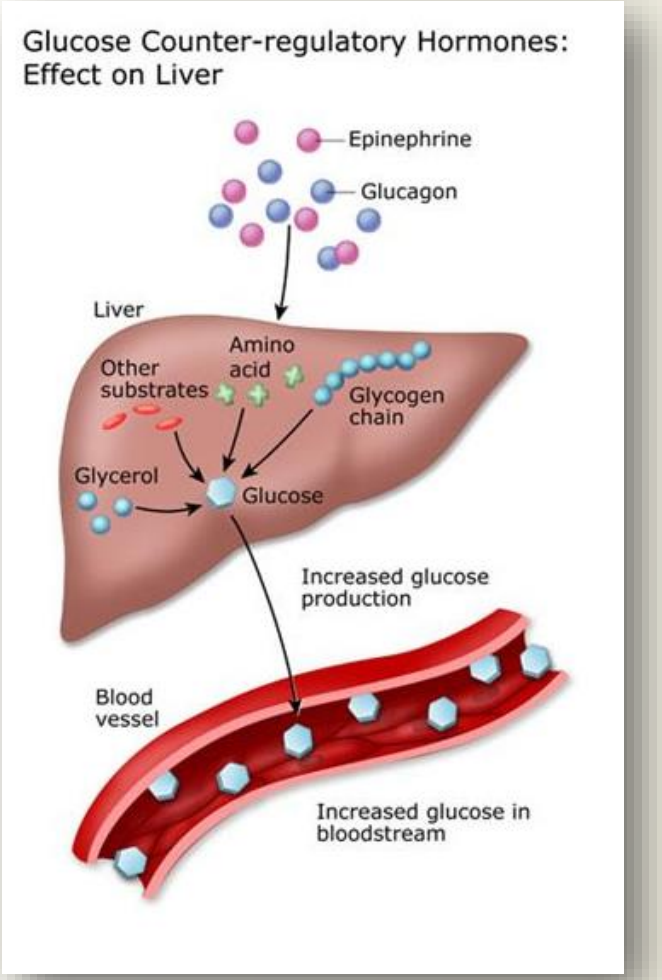




Chronic Stress Response

impact of epinephrine - adrenaline

- Produced in the adrenal gland
- Breaks down stored energy → increases blood glucose → increase energy quickly!
- Increases alertness/awareness
- Accelerates heart rate
- Increases the activity of the respiratory system
- Prepares your body to do something (run away, fight, etc.)



Stress Response

- Cortisol/Adrenaline axis
- Incessant Thinking
- Hypervigilance
- Inner critic

Chronic Stress Response

and how it impacts the mind

URGENT	JUDGEMENTAL	NEGATIVE	REACTIVE

“ I need to….”

“ They need to….”

“ I have to…”

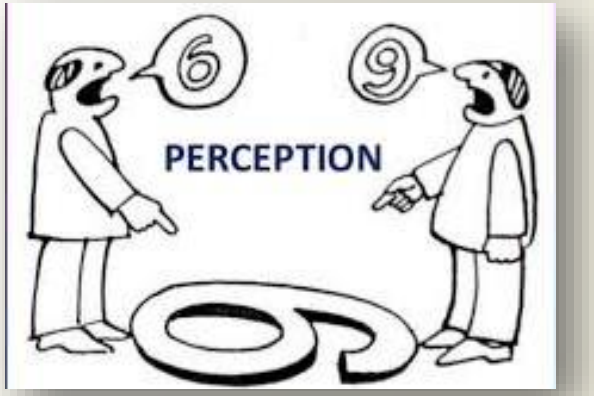
“ They have to….”

“ I should have…”

“ They should have….”

Chronic Stress Response

and your perspective



5 Basic Negative Emotions

MAD

SAD

SCARED

OVERWHELMED

NUMB

Emotional Freedom Technique

aka EFT or Tapping

Calming/Emotional Processing

Drops Resistance
(which decreases intensity & suffering)

N AROUND

Re-programs Neural Pathways

Strong Relaxation Response

Loving Kindness Meditation

to increase self-compassion

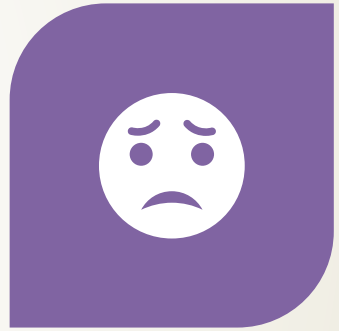
1

NAME THAT EMOTION

2

WHERE DO I FEEL IT IN MY BODY?

3

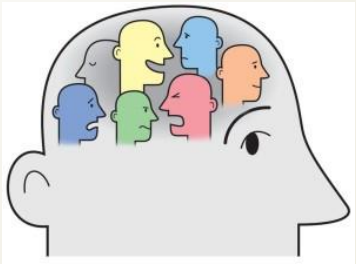


"OF COURSE, I'M FEELING _____"

4

VISUALIZE

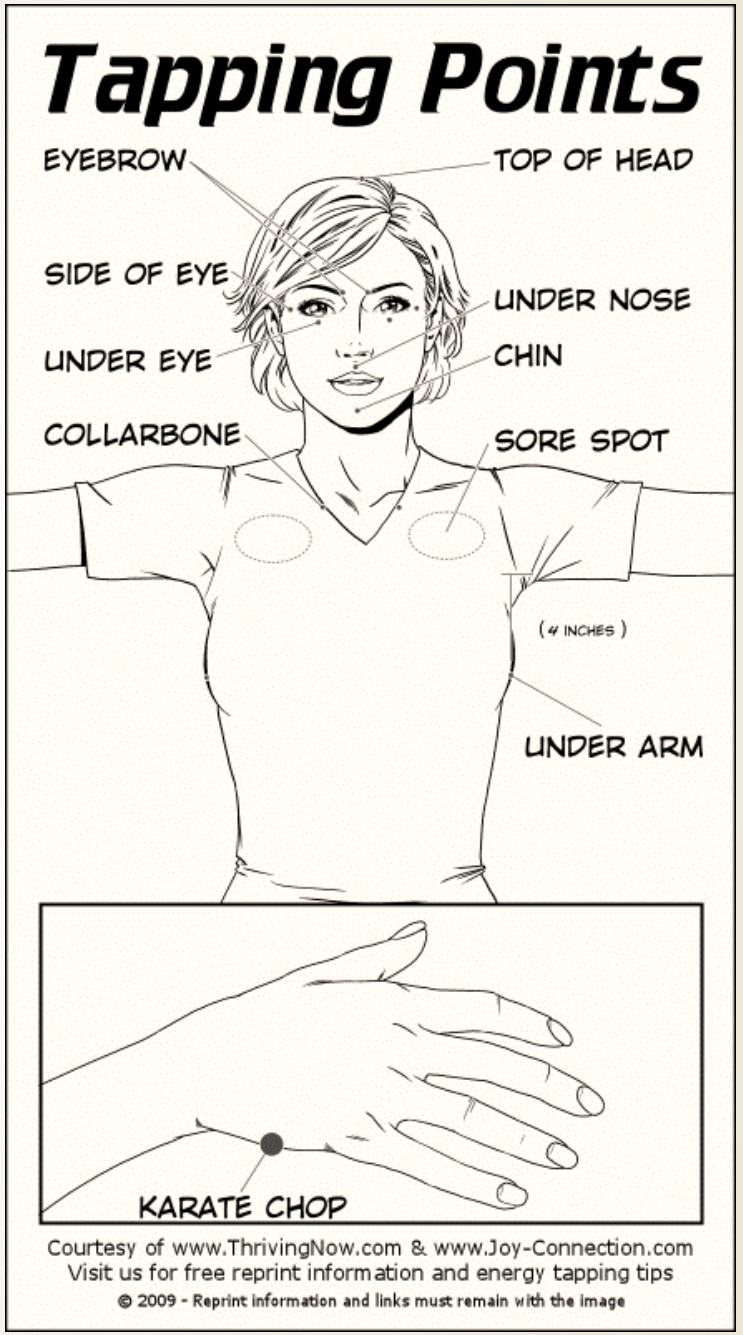
and talk to those parts of self



Emotional Freedom Technique

learning the technique

Let's practice!



Thank you!

Questions? Comments?

Phone: 269.220.0648

Email: info@integratedhealthmatters.com

Website: www.integratedhealthmatters.com

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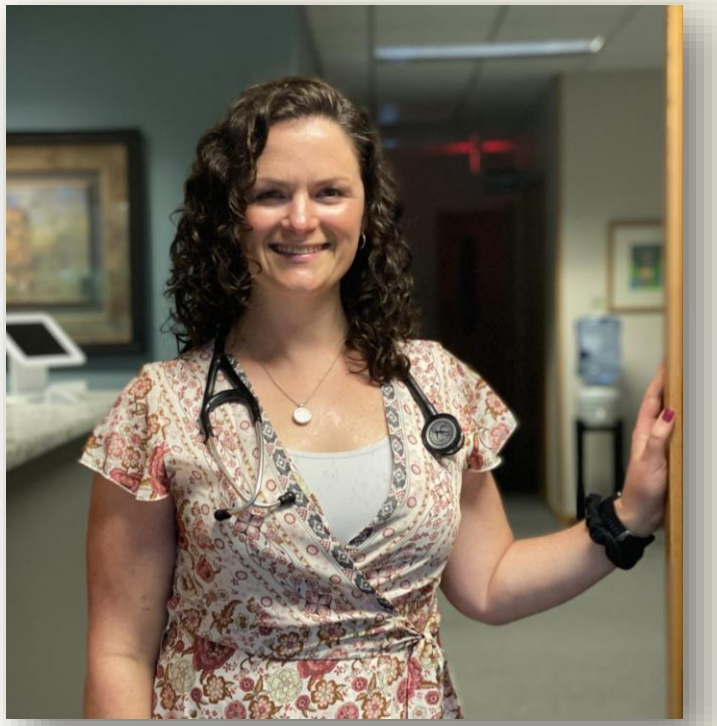

Jenny Opdycke, PAC

$25 OFF coupon available to all of today's participants!