



EFT FOR REDUCING STRESS

Tapping works...!

An article to help you through life

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EFT and Stress Reduction

Stress is the one of biggest causes of illness and workplace absenteeism at this time. Living is stressful, then we add people, work and money (or lack of it) and the pressure increases.

I know that most people find stress is not easy to deal with, whilst others seem to thrive on it. Mostly it seems to depend on how we cope with the stuff that goes on around us all the time. Not everything we do is stressful but once in a state of stress, the feelings cling onto everything.

Many years ago I thought that I loved the pressure at work, then one day I realised that my coping mechanisms had failed. I was smoking and drinking too much, working long hours and even though I thought I was enjoying it, this way of life just had to stop.

Now, over thirty years on I am pleased that I recognised the symptoms of 'burn out' before I suffered any illness.

Many of my clients come to me with stress and stress related issues, though it takes some of them time to realise where and why their lives are going wrong and where stress fits in. We are emotional beings and having multitudes of stressful issues hold the emotions in our bodies. We have thoughts such as "I feel sick to my stomach, I feel like I am carrying the world on my shoulders, my mind is in a whirl" just emphasising how our thoughts create illness and pain.

So many people have work related stress that it's almost an epidemic and you may be working and/or living with people going through just what you are, so find some space, and make time to reflect on your life so far, before you go any further.

It is so much better to take a long look at yourself before you start the EFT tapping routines, it will take less time in the long run and you will get much superior results and faster. If you are new to EFT [please read](#) this.

There are several types of stress, some easier to deal with than others but first it's a good idea to consider the SUDS (Subjective Units of Disturbance Scale) rating before we go any further.

- Think about the issues that are bothering you and write them down in a list, noting by each one the type of stress, for instance; work related, illness, family or relationship and some detail on which you can focus.
- Now give each one a rating from 1 – 10. For instance, say 1 or 2 which is really not that bad, 4-5, you are coping, 6-7 you feel anxious and feel you are losing control, or up to 10 when you may even feel nauseous or frightened.

Part of this protocol will address the 'self-talk'. You know, when your mind is just too busy to let you think rationally, so take your time, breathe, be calm as you consider the above points and complete your list.

After each of your topics have been addressed it would be interesting to re-take your SUDS score and see how they have dropped. You may need to repeat each item a few times, but once you get the hang of it, it will become easy.

Your list may look like this....

| <i>STRESS</i> | <i>DETAIL</i> | <i>SUDS NOW</i> | <i>SUDS after EFT</i> |
|---------------------|---|-----------------|-----------------------|
| <i>Work</i> | <i>I have been given unrealistic targets</i> | <i>10</i> | <i>4</i> |
| <i>Relationship</i> | <i>My partner is unhappy with my work/life balance</i> | <i>08</i> | <i>3</i> |
| <i>Family</i> | <i>My son is not doing well at school and is disruptive</i> | <i>08</i> | <i>6</i> |
| <i>Money</i> | <i>I am not able to earn enough to keep everyone happy and my partner spends too much</i> | <i>06</i> | <i>2</i> |

EFT (Emotional Freedom Techniques) is now able to help; start by tapping on the first issue. As in the scenario above we would say for instance.....

“Even though I have all this stress at work, I accept that I do my best” ... then let your own thoughts and words come up.

Close off each tapping routine with a very positive phrase and tap round the top of your head lightly with your fingers. “I accept that life is stressful but do not allow this to damage me, I am free from stress” or words that make sense to you.

For relationship issues you may find the following words help to get you started...

“Even though my wife/husband/partner is not easy to live with, I love myself completely and that will help them to love me” or ... “I am not easy to live with....”

Never underestimate what your significant other thinks of you, as it is ultimately a reflection of your own self. On one hand it’s none of your business what others think about you, in general, but when living together two egos need to be compatible and that takes work. That is another article...or a book actually...!

Never blame another, if they made a mistake, remember we all do, so forgive and forget. Look for the good in both of you and be thankful.

End your tapping routine with “I am grateful for (-), I accept the weaknesses in both of us and use love to hold us together”

Family concerns are similar, as our feelings and emotions are heightened by love and anxiety for their good. It's not easy to read a letter from your child's school saying they are misbehaving, rude or bullying, but it's another fact of life. You don't have total control over them, so leading by example, teaching manners at home and being there for them when possible to talk and listen is the best start to reducing stress with family.

"I accept I have no control over my child/family, they are creating their own lives, but I choose to give them guidance and love"

Closing words could be "I open my arms and enfold my family/child/relation with love and care and love myself unconditionally"

Money is completely different; when we have little, there is worry and anxiety at a very pronounced level. The inability to pay your way through life can be debilitating and painful. With the proposed reduction in benefits (in the UK) this stress can only increase. We hear of people having two jobs, just to make ends meet...and we wonder why our NHS is overloaded.... enough!!!

Too little is bad, enough is enviable and too much is a great strain. How can you have too much money and not be happy and content, you may ask? Well there are many people who find the strain of coping with this issue too much to handle.

The set up phrase for money is similar in all cases....

"Even though I have a problem with money, I accept that I do my best" "Money is not my reason for living, though I need enough money to live"

Closing phrase could be as follows:

"My reason for living is to love myself and others, to give happiness and comfort, and these do not take money to achieve"

Money is not life; so do your best to get by and if you need to learn about attracting abundance into your life, [read this article](#) from my website...

Using these tools and tapping routines will help you to sort out where your real issues are and reduce the intensity until you are back on an even keel.

If you find any of this difficult to cope with, please just contact me to talk for a short while and see if some EFT sessions with me will help you.

Diane – be happy!

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