

“10 EASY ON THE FLY”

TECHNIQUES

TO HELP

ALLEVIATE STRESS

CHAOS TO CALM IN MINUTES

*We are a product of our thoughts
make yours good ones*

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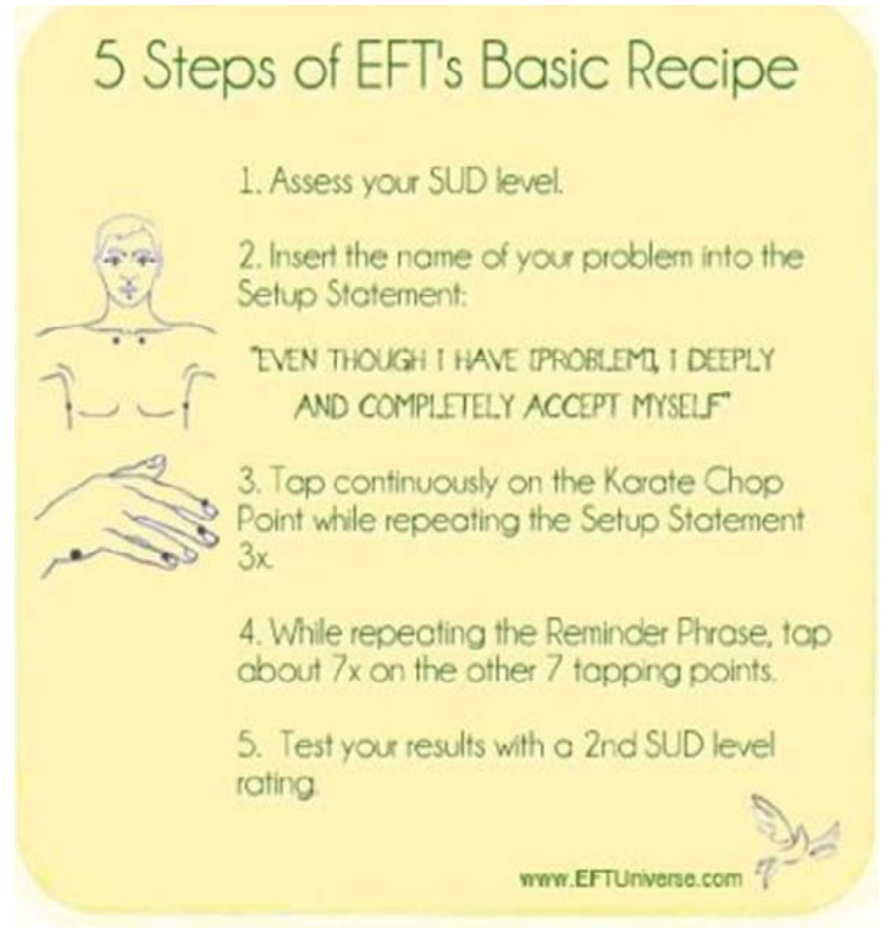
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1) EMOTIONAL FREEDOM TECHNIQUE **One of the easiest and most powerful techniques you can learn to help you overcome thoughts that impact you negatively.**

BACKGROUND: EFT is an approach that draws its power from Eastern discoveries that have been around for over 5,000 years. Albert Einstein way back in the 1920's said that everything (including our bodies) is composed of energy. Everything is energy it is the law of physics. These ideas have been largely ignored by Western Healing Practices. As they are given visibility and utilization EFT is becoming realized for the incredible power it has to affect positive energy shift.

Often referred to as "Psychological acupressure" the technique works by releasing blockages within the energy system which are the source of emotional intensity and discomfort. These blockages in our energy system, in addition to challenging us emotionally, often lead to limiting beliefs and behaviors and an inability to live life harmoniously. Some symptoms are emotional and/ or physical and can include lack of confidence and self-esteem, feeling stuck anxious or depressed, or the emergence of

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5 Steps of EFT's Basic Recipe

1. Assess your SUD level.
2. Insert the name of your problem into the Setup Statement:
"EVEN THOUGH I HAVE (PROBLEM), I DEEPLY AND COMPLETELY ACCEPT MYSELF"
3. Tap continuously on the Karate Chop Point while repeating the Setup Statement 3x.
4. While repeating the Reminder Phrase, tap about 7x on the other 7 tapping points.
5. Test your results with a 2nd SUD level rating.

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Even though I feel
_____ I accept myself and I
am OK"

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Compulsive and addictive behaviors. It is also now finally widely accepted that emotional disharmony is a key factor in physical symptoms and dis-ease. For this reason these techniques are being extensively used on physical issues, including chronic illness with often astounding results. These techniques are being accepted more and more in medical and psychiatric circles as well as in the range of psychotherapies and healing disciplines.

SO How does EFT work?

Working on a discovery statement that:

"Our negative emotions are caused by a disruption in the body's energy system"

Eft works to clear such disruptions and eliminate the resulting emotional response or intensity. This is done by focusing on the specific problem while tapping with fingers on the end points of energy meridians. This causes and facilitates a "balancing" of the energy system thereby eliminating the "short circuit" to the body's learned response or negative emotion.

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EFT Tapping Thought Fields/ Major Energy Points

(Meridians) – Reference Visual guide included

Side of hand "karate chop point" with set up phrase

"Even though I feel _____ I accept myself and I am OK"
Follow the "GAMUT" tapping points per visual

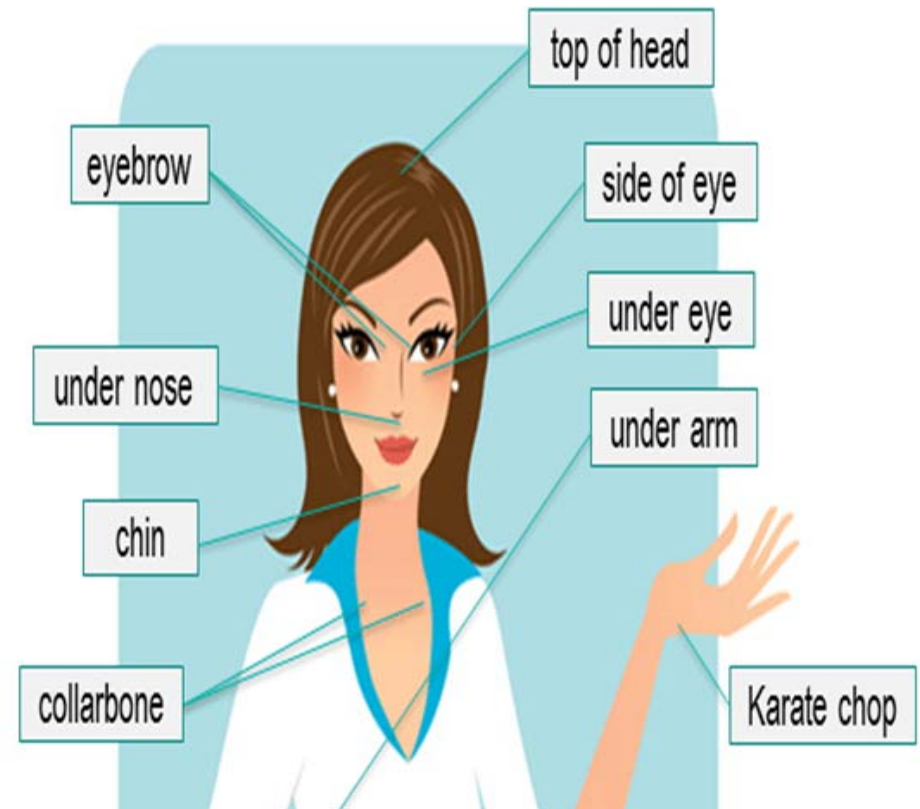
2) Breathes of gratitude

Take a deep breath and imagine something you are grateful for or happy about or makes you feel calm

Repeat x10

This exercise will do several things: connects you to what matters most, release happy hormones, slows down your breathing and heart rate and rewires your brain (neuroplasticity)
It is a proven way of interrupting the body's stress response and re-balancing the nervous system by releasing neurotransmitters such as endorphins (AKA Happy Hormones) into the body."

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Sequence: Karate Chop with set up phrase x3

Order of Tapping Points: TH – EB – SE -UE -UN - CH -
CB - UA

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Computer

The Computer feels exposed when showing emotions, perhaps because they have difficulty controlling them or they may have been criticized as a child for showing emotion. Men, in particular, tend to be Computers. To avoid having to confront emotion, when faced with stress, the Computer resorts to logic, becoming super-rational about the situation and working hard to appear super cool on the outside (although they may be churning like mad on the inside).

Distracter

The Distracter easily becomes confused by stressful situations. Instead of taking some positive action, they are not sure what they should do and so grasp at straws.

In practice, they may well respond to the stress by shifting between the three previous types of Placater, Blamer and Computer. In doing so, they are trying in vain to find some solace in different practices.

Leveler

The ideal respondent to stress accepts it as normal. They are comfortable with ambiguous and uncertain situations and even engage with threats rather than fighting them or running away. They thus 'tell it as it is', without exaggerating or minimizing the situation. They are comfortable with their own feelings and are able to discuss them.

So what?

So when confronted with stress, know your own situation and seek to become a Leveler. Understand that stress is a part of life and when you recognize your coping strategy you can adjust your self-awareness.

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3) Stimulate the Pineal Gland

Start at third eye point between the eyes with 2 fingers and trace a figure eight across your forehead it will calm your and stimulate the production of oxytocin the happy hormone!

4) Bilateral Stimulation

Use an object (keys, orange, stress ball), and toss it from one hand to the other across your mid-section, it will redirect your thoughts, interrupt negative or stressful thoughts and level the emotional charge. What is happening is that when doing this simple exercise you must engage a different part of your brain which takes the charge out of the emotion, it is impossible to focus on the task and feel the same way. Give it a try!

5) Control Your Self Talk:

Whatever we practice we become good at, ask yourself what am I practicing with my self-talk? Repeat to yourself, I am calm, I am ok, I am in control of myself and breathe while repeating this. Or instead of saying "I can't cope" "I can't take this" to "everything is going to work out" and "I know I can get through this"

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6) Take a TIMEOUT - and count to ten:

This puts a bit of distance between you and the situation or event, disassociate from it for a moment or perhaps look at it through someone else's eyes.

7) Laugh /Smile/Tell a joke (if appropriate):

Humor always adds levity and releases the happy hormone.

8) Massage your temples neck or shoulder area:

Take a moment of intentional self-care.

9) Take one minute Progressive Muscle Relaxation:

This can be done standing although sitting is preferred. Tense the muscles in your feet as much as you can, then relax them and notice the difference. Tense and relax the muscles in your legs, arms, stomach, back, neck and head a region at a time.

OR stretch: Take a moment to stretch tense muscles. Intentionally focus on the muscles you are stretching.

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Virginia Satir: Author/Therapist/Pioneer in her field Coping Mechanisms for Stress

Identify your coping strategy to create self-awareness

Blamer

The Blamer feels powerless and uncared-for. All alone in the world, they feel that

Nobody will ever do anything for them. When they feel stressed, their feelings of isolation increase further. As a result they compensate by trying to take charge, bluffing their way out, hiding their aloneness in attempted leadership. They vacillate between feeling angry and hopeless / helpless. When things don't go as expected their first internal response is, "It's not my fault" they blame others. This is caused by the fear of accepting responsibility and believing that the consequences will be too much to bear.

Placater

The Placater is first of all concerned about how they will be perceived. Their center of Attention is on themselves and particularly on their perception of how others see them.

Their response to stress is largely to avoid it. If there are any 'uncomfortable truths', Then they will generally try to avoid talking about them (and may in fact go to extraordinary lengths to avoid any such confrontation).

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Anandamide is considered an endocannabinoid, a substance produced

in the body that binds to cannabinoid receptors. It does more than providing a state of heightened happiness.

Anandamide plays a significant role in appetite, pain, and fertility. It helps to put brakes on cancer cell proliferation. By increasing the formation of new nerve cells, anandamide exhibits anti-anxiety and anti-depressant properties. It breaks down very quickly and therefore doesn't produce a perpetual state of bliss.

You can include **dark chocolate, black truffles** in your diet to boost this molecule's levels. A state of heightened focus, super concentration, and peak performance also called the "zone" increases anandamide levels.

Creating Awareness around your way of coping with stress is an integral part of managing it. The next page gives descriptions of some of the ways people "cope" with day to day stress. I wonder which one you will identify with most?

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10) Embrace your stress. I KNOW, it sounds crazy, however researchers at Yale University [discovered](#) that experiment subjects who were presented with the idea that stress can be beneficial "reported improved psychological symptoms and better work performance" compared to other subjects who were taught that stress is debilitating. It didn't take much to change people's attitudes, either; subjects watched less than 10 minutes of video about stress, and that was enough to change their outlook about stress. Having a positive outlook on stress makes people more likely to rise to whatever challenge they're facing when stressful situations occur. (ref : TIME Magazine) Stress is part of life learning healthy ways to deal with stress and accepting it as normal, however we can learn to be in control of how we internalize it.

WHEN ALL ELSE FAILS THERE IS ALWAYS GOOD CHOCOLATE

Endocannabinoids(Bliss Molecule). The Anandamide is a neurotransmitter produced in your brain that binds to THC receptors. It's called the bliss molecule, aptly named after "Anada," the Sanskrit word for bliss, joy or happiness.