

NACE Experience! 2011

Stress Reduction That You Can Count On

Offered by
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Does this ever happen to you?

Frustrated after dealing with a non-compliant employee?

Feel the need to be liked by everyone?

Caught in the cross-fire between corporate & employees?

Carry Tums or Alleve in your pocket or purse?

Comfort candy in your desk?

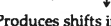
**Emotional Freedom
Technique**

How Does It Work?

Stimulate points on head, face, chest, hands



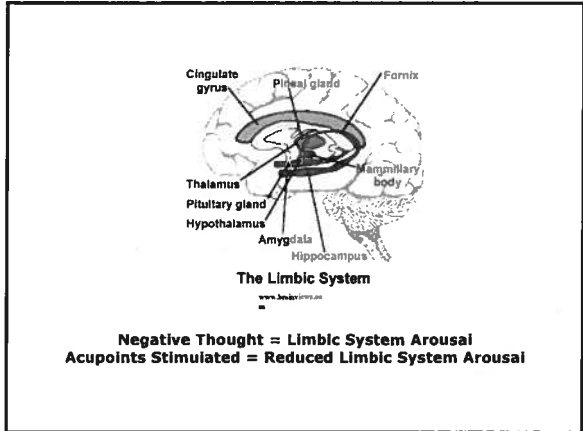
Alters body's electrical
activity

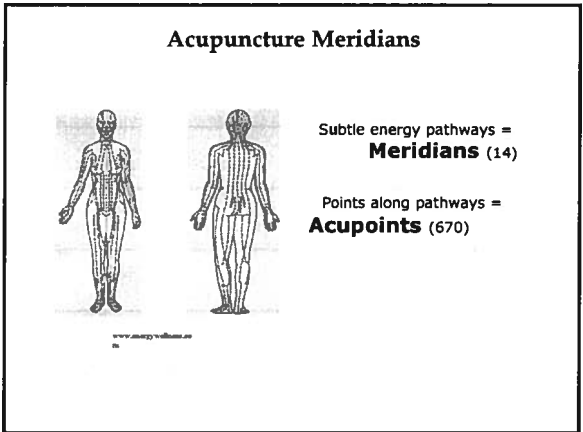


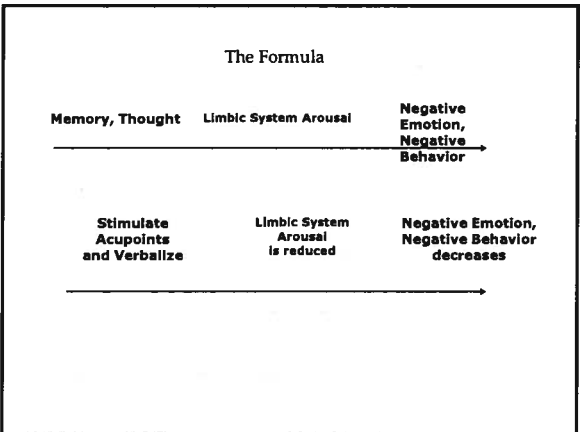
Produces shifts in brain chemistry



Produces changes in emotions and behavior







Identify What Issue You Would Like
To Work On



What Should I Work On?



www.hardapproved.co



www.p.org

Emotions



www.bagofmystery.com



www.definitionsof.com



www.bushbill.com

Cravings



www.how-to-make-wine.com



www.victorpack.com



www.jamob.com

www.bodymindspirit.com

www.thebody.com

Pain or Illness

www.pain.com

www.thecurrentreport.com

This Is The Issue That I Would Like To Address

Create a "Set-up Sentence"


**Focus on a problem or issue
(for example: fear, craving,
emotion)**

Create a "set up" statement:

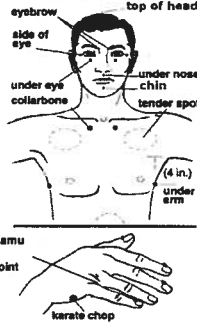
"Even though I have this (issue) _____,

I choose to completely love and accept myself ."

Tapping Points



Tapping Points




Tap 7-9 times
 Tap lightly
 Tap on one side
 or both sides

Gamu
 t
 point
 karate chop


What Are the "Tender Spots"?

Neurolymphatic
Point



Neurolymphatic
Point

How Uncomfortable Are You?



Subjective Units of Disturbance Scale

0 1 2 3 4 5 6 7 8 9 10

Circle the number that matches the intensity of the emotion (the higher the emotion, the higher the number)

Put It All Together

1. Identify the issue you want to address
2. Write this down
3. Create your "set-up sentence"
4. How high is your discomfort
5. Practice tapping sequence with language
6. How high is your discomfort

Demonstration



Work as a Group

1. Set-up sentence: "Even though I have this problem I have confidence in my abilities."
2. What number are you on your issue
3. Turn your papers over
4. Put your attention on the demonstration
5. Check your number

Check in:
How do you feel?
Has your discomfort lessened?
Is there another emotion?
What thoughts do you have?

Questions?
Comments?
Feedback?



Rub tender spot on chest and repeat
"set up statement" three times

"Even though I have **this problem**,
I choose to completely love &
accept myself"

Tap each point and repeat
reminder phase (negative portion
of "set up statement")

"This
problem"

Do two rounds

How are you feeling?

Resources

www.tahoehealthtouch.com

www.EFTUniverse.com

www.attractingabundance.com

Questions? Need a little more help?

Contact me at
www.tahoehealthtouch.com
