



THIS MONTH'S FIND
ANOTHER GOLDEN NUGGET

A Dose of Self-Care

It's no secret your body reacts to stress both physically and emotionally. That's why the technique of "tapping" is so effective—it has both a physical and mental component.

Rooted in the practice of Chinese acupressure, “tapping” is a form of stress relief and is known as an emotional freedom technique (EFT). In this technique, you use your fingers to tap five to seven times on specific acupressure points of the body. Clinical research done by the National Institute for Integrative Healthcare shows that this practice relieves stress by sending a calming signal to the brain. Tapping can decrease anxiety and depression, improve academic performance, reduce food cravings, help with weight loss and lessen fears around things like doctor visits, public speaking and childbirth.

Ready to give it a shot?

1. Pinpoint what is causing you to feel stressed.
2. Create a “set-up statement” which identifies the issue and includes self-acceptance.
“Even though I have this [fear or problem], I deeply and completely accept myself.”
3. Now begin to tap these specified points: the top of the head, the beginning of the eyebrow, the side of the eye, under the eye, the area below the nose, the collarbone, the underarm
4. Keeping your set-up statement in mind, tap the points listed above for 1-3 rounds.

