

# TAPPING FOR MANAGING STRESS

**ECN BOOTCAMP**

**7.22.2021**

**CREATING THE NEXT®**

## **QUESTION**

1. ON A SCALE OF 0-10 (10 BEING THE MOST)  
HOW STRESSED/ANXIOUS DO YOU FEEL IN THIS MOMENT?

2. AND WHY?

*"Strangely enough, I have been using the Tapping technique every now and then."*

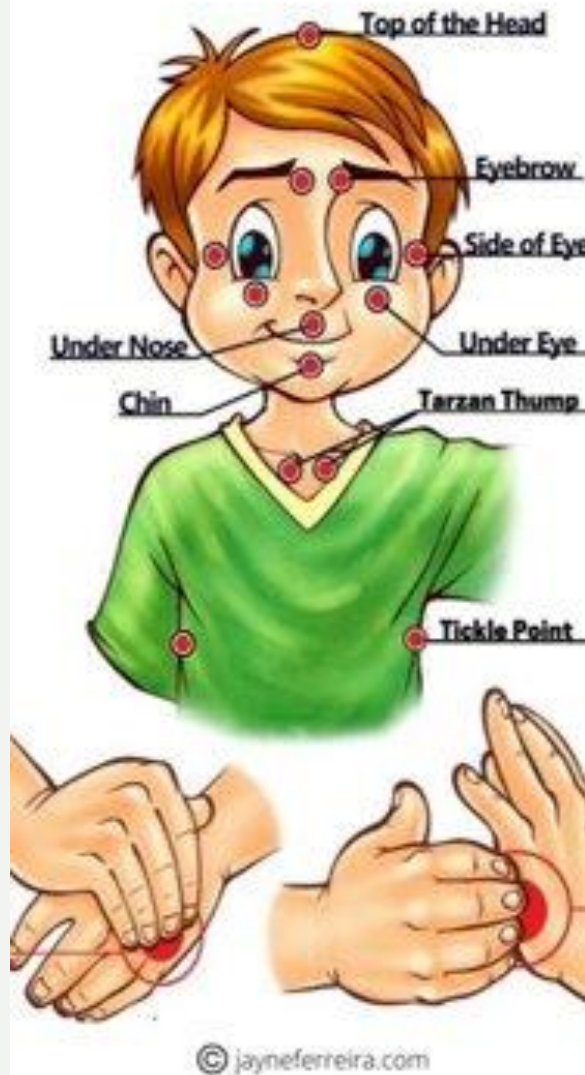
- IT staff

*"This needs to be shared more widely"*

- Be-Well Session attendee

*"She has taught my resilience students how to use tapping to manage their fear and worries. They consistently hailed this as a favorite part of the course."*

- Resilience class professor



## Most Basic Form of Tapping

**A: Awareness on stress**

**B: Breath with intention**

**C: Calm nerves as you Tap**

\*There are many different styles of Tapping.  
Tapping can be & has, adapted, expanded and evolved.



## ATHLETICS

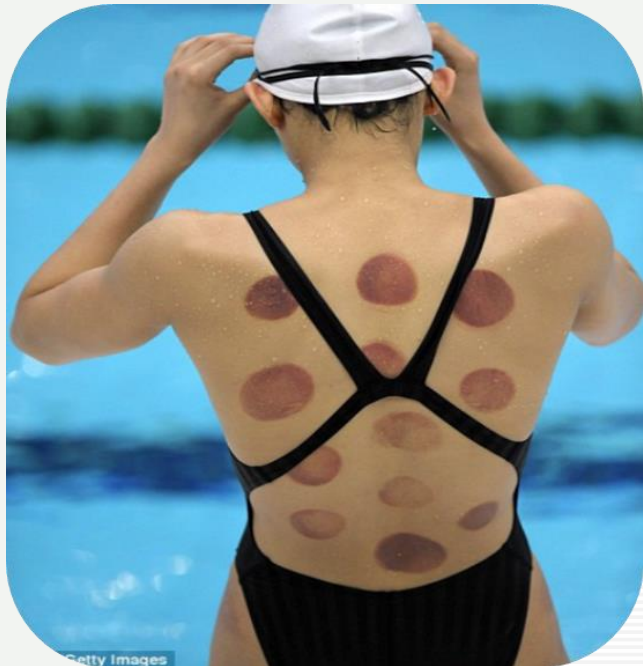
"I didn't think I was going to feel nervous at all, but I think the way the Brazilians had set up the trials was a little bit different than we used to do," Pumputis said. "And I think everyone – not just me – felt the pressure. I just tried to keep calm and focus on what I practiced with the team coaches and with all the coaches at Georgia Tech."



**Benefits of Staying Calm  
=> Good for performance too!**



Athlete Bralon Taplin using Energy Tapping  
at the Birmingham World IIAF Championship 2018



College Baseball Player Jorge Reyes Tapping w/ EFT

# Traditional Ways to Well-Being

Yoga / Breathing / Bodywork Massage Acupuncture / Meditation

Stress Lowered  
Relaxation Increased





## CORRELATION BETWEEN THE FUNCTIONAL CYCLES OF THE VERTEBRAE, THE ORGANS AND THE ACUPUNCTURE MERIDIANS



# Meridian System



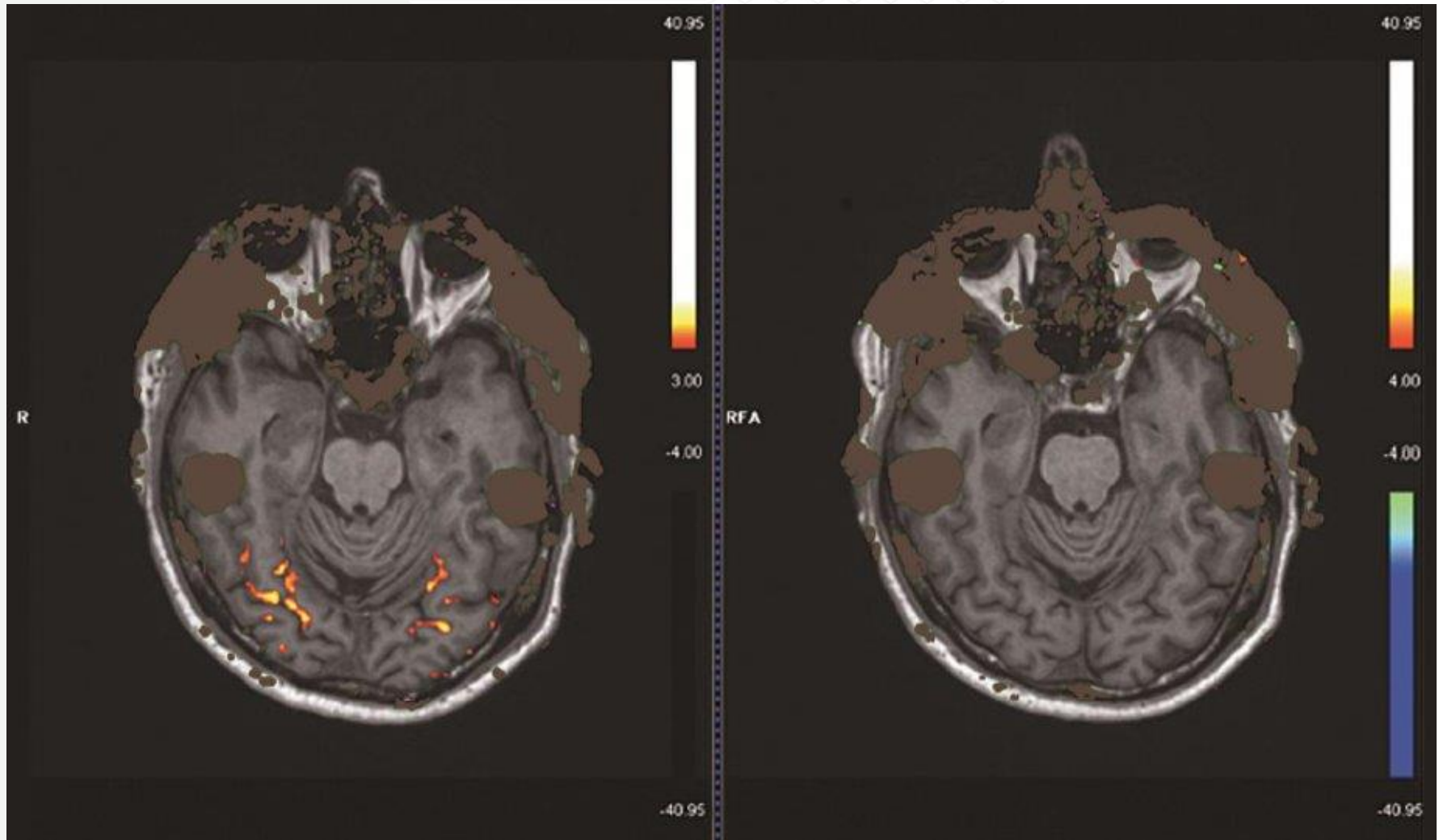


# BRAIN, NERVES & STRESS

THE POLYVAGAL THEORY  
BY DR. STEPHEN PORGES

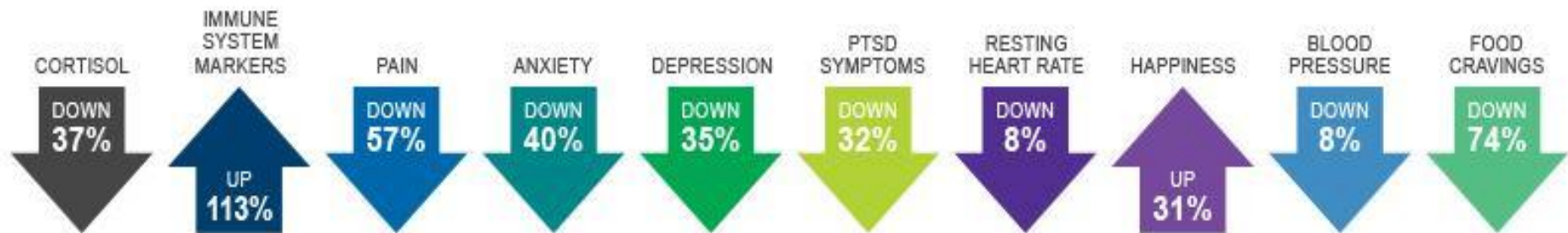
CREATING THE NEXT®

"An Initial Investigation of Neural Changes in Overweight Adults with Food Cravings after Emotional Freedom Techniques (EFT)" [Tapping]  
<http://www.lidsen.com/journals/icm/icm-04-01-010>



2018

# Clinical EFT (Emotional Freedom Techniques) Improves Multiple Physiological Markers of Health

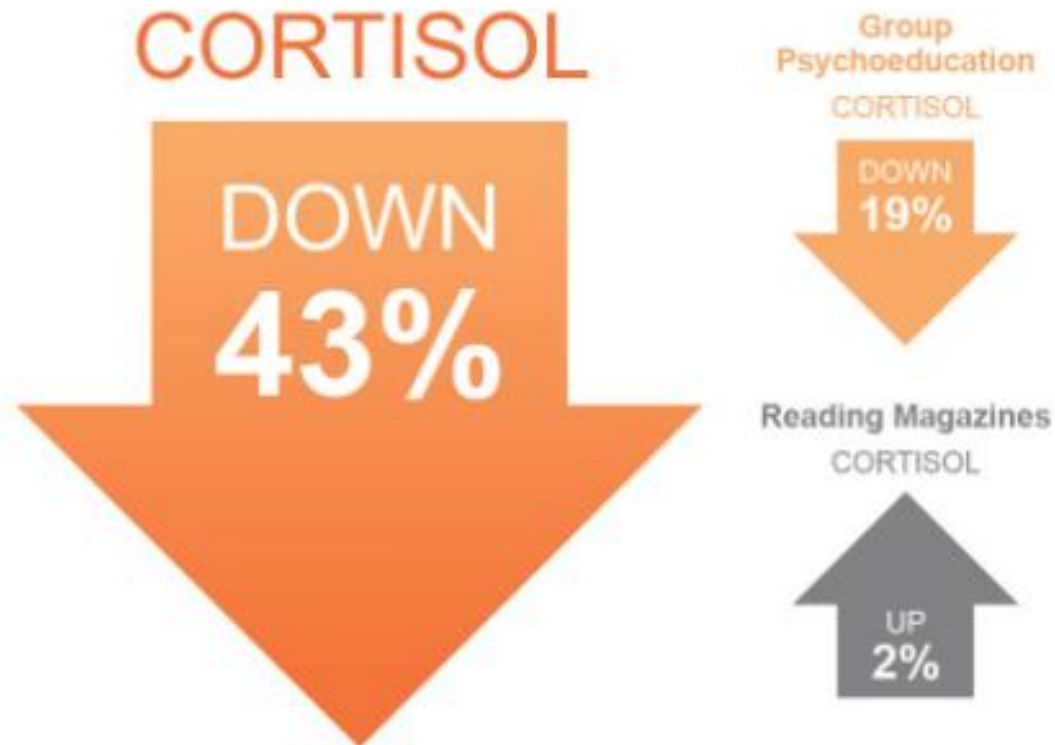


Bach, D., Groesbeck, G., Stapleton, P., Banton, S., Blickheuser, K., & Church, D. (2018). *Journal of Evidence Based Integrative Medicine*. © Mind Heart Connect 2018.



# Group EFT Tapping

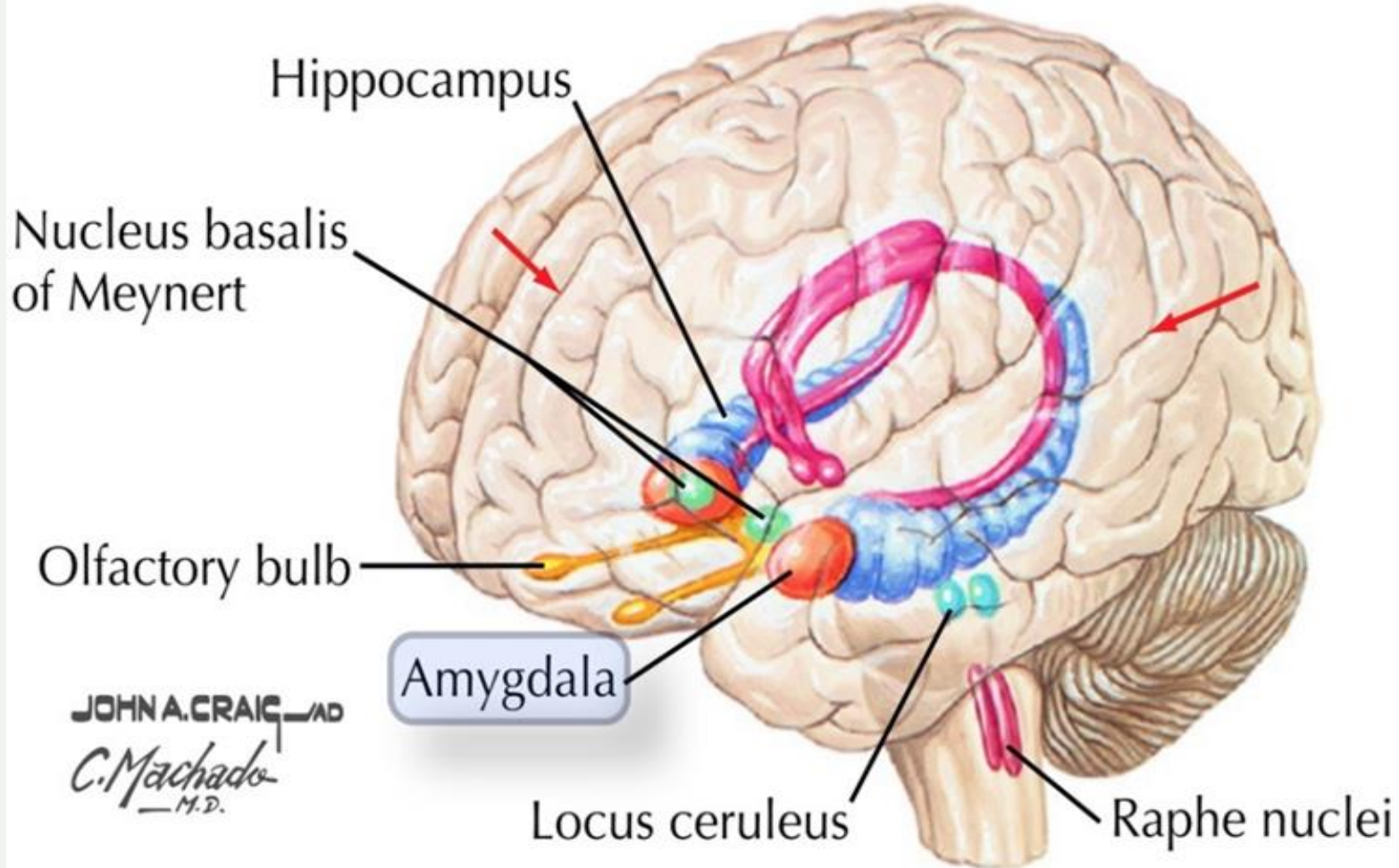
## Reduces Cortisol by 43%

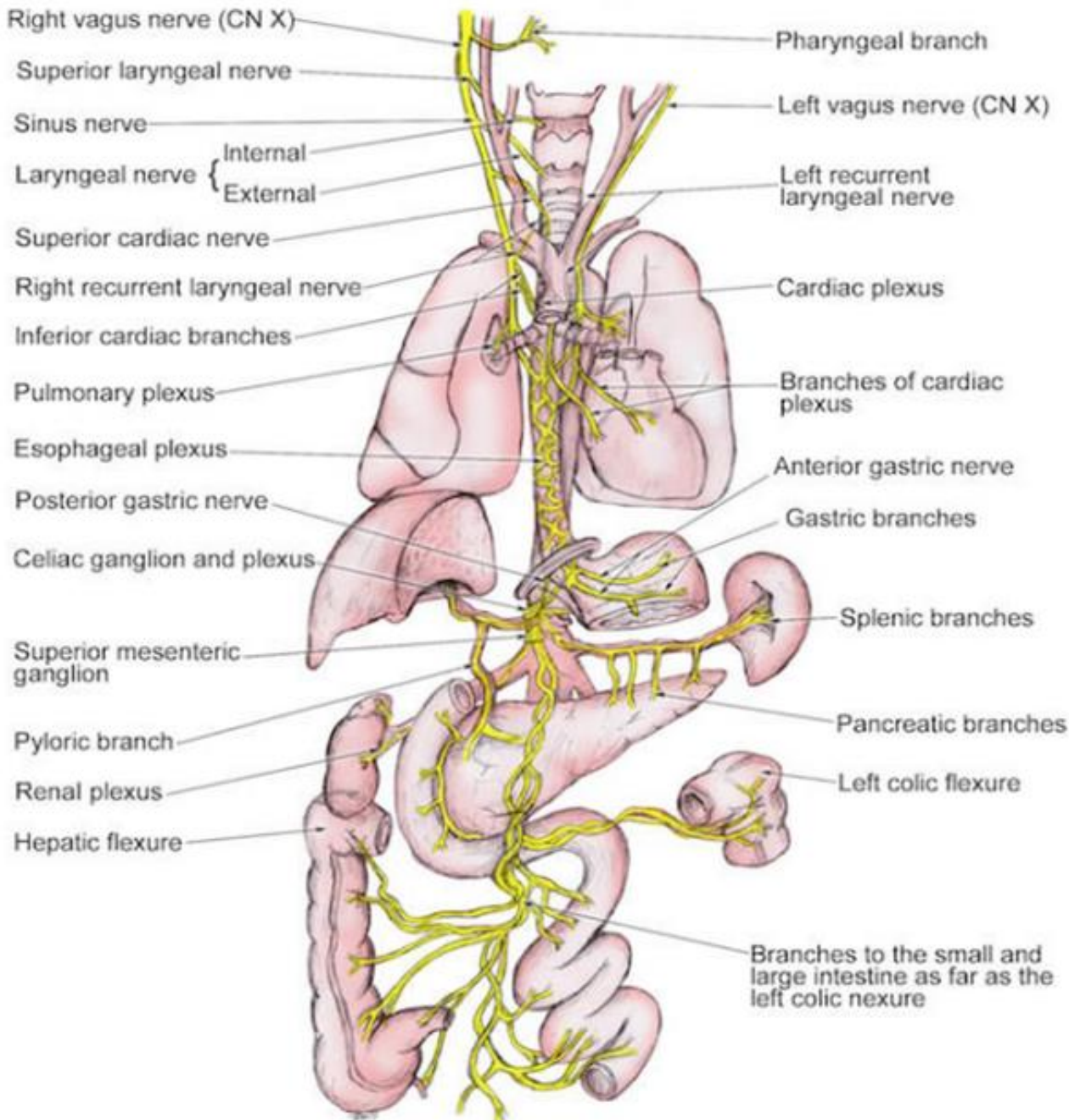


© Mind Heart Connect 2020. Stapleton P, Crighton G, Sabot D, O'Neill HM. (2020). *Reexamining the effect of emotional freedom techniques on stress biochemistry: A randomized controlled trial*. Psychol Trauma. doi: 10.1037/tra0000563 (epub ahead of print).

[www.petastapleton.com](http://www.petastapleton.com)

# AMYGDALA – “Stress Response Center”



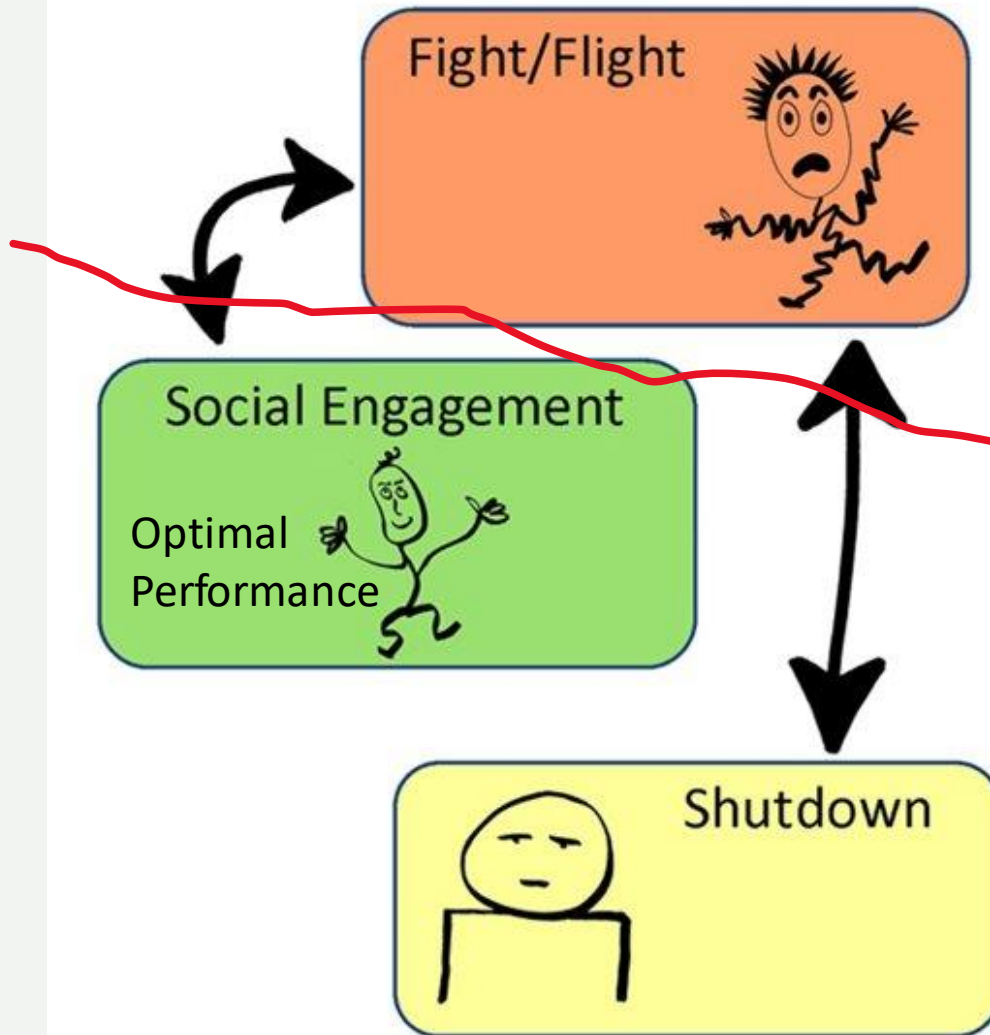


## Vagus Nerve Tenth Cranial Nerve (CN X)



## Hierarchy of Nervous System Response

## Dr. Stephen Porges' Polyvagal Theory



*Sympathetic*  
*Parasympathetic*

Based on polyvagal theory by Stephen Porges

Copyright 2015 Dee Wagner

# **Autonomic Nervous System (ANS)**

(generally thought there were two main responses)

## **1. Sympathetic Response**

=> Fight & Flight

## **2. Para-sympathetic Response**

=> Rest & Digest

=> Restore & Rejuvenate

=> Calm & Connected

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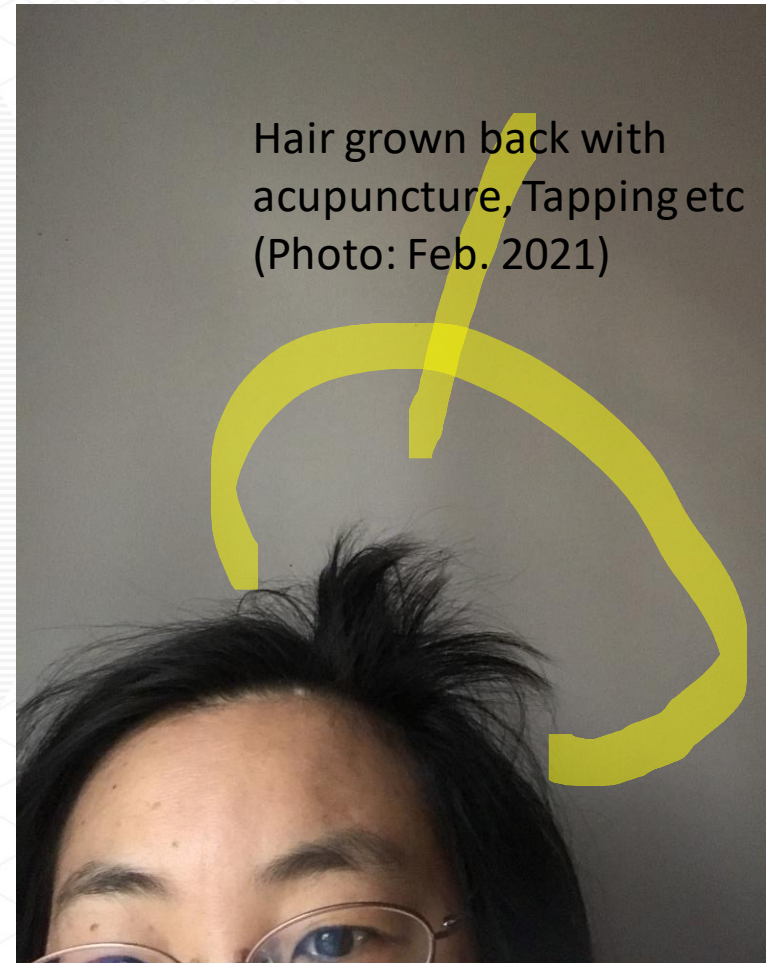
## **3. (Wait! Actually there's more!)**

=> Freeze & Faint, Shutdown Response

2020 Spring/Summer

My "ShutDown" Response due to Overwhelm and Fear

Two bald spots that kept on growing

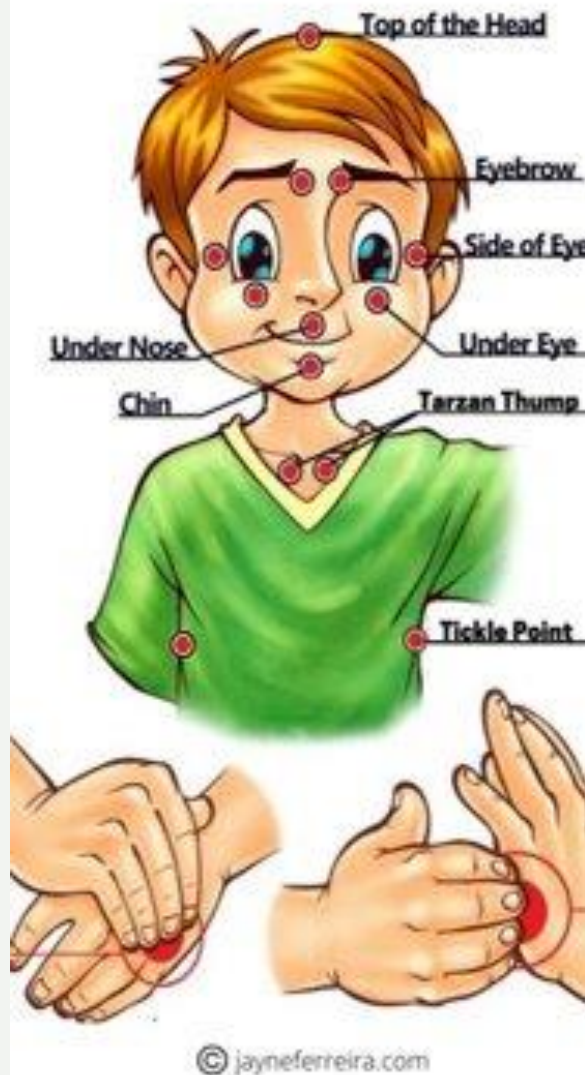




## Vegas Nerve Stimulation

- > Splashing cold water on face
- > Gargaling
- > Sounds / Drumming
- > Breathing
- > Electro-stimulation (TENS ->)
- > **Tapping**





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# Other Mind-Body Connection Resources

## PsychoSomatic /PsychoNeuroImmunology

- “The Body Keeps the Score” **Dr. Bassell van der Kolk**
- “Polyvagal Theory” **Dr. Stephen Porge**
- “Waking the Tiger” **Dr. Peter Levine**
- “When the Body Says No” **Dr. Gabor Mate**
- Trauma Release Exercise (TRE) **Dr. David Berceli**

### Additional Resources

- <https://restorativepractices.com/product/polyvagal-mindfulness-course/>

- <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6586833/>

- <https://pubmed.ncbi.nlm.nih.gov/24799686/>



**>College Baseball Athletes' Tapping #1:**

<https://youtu.be/GwihlkI2PHc>

**>Olympic Track Athletes' Tapping #2:**

<https://youtu.be/QdIpVMC4aPU?t=24>

**>Concert Tapping with 14000:**

<https://www.youtube.com/watch?v=rv4wf7bzfFE&t=1208s>

**>Feedback from students in 4 week Tapping Circle**

<https://tinyurl.com/student-tapping-feedback>

**> Tapping Presentation Feedback Request**

<https://tinyurl.com/tapping-feedback>

# LED Lighting Development Elizabeth Prize for Engineering

Nick Holonyak Jr., Isamu Akasaki, M. George Craxford  
awarded the world's most prestigious engineering prize

February 2, 2021



Mr. Einstein &  
Tech Green

Ferst Dr.

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