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.
"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,” Pumptus 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 IAAF 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
Meridian System
“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
Clinical EFT (Emotional Freedom Techniques) Improves Multiple Physiological Markers of Health

Group EFT Tapping Reduces Cortisol by 43%

CORTISOL DOWN 43%

Group Psychoeducation CORTISOL DOWN 19%
Reading Magazines CORTISOL UP 2%


www.petastapleton.com
AMYGDALA – “Stress Response Center”
Vegas Nerve
Tenth Cranial Nerve (CN X)
Dr. Stephen Porges' Polyvagal Theory

Hierarchy of Nervous System Response

- Fight/Flight
  - Social Engagement
    - Optimal Performance
  - Shutdown

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

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

Hair grown back with acupuncture, Tapping etc
(Photo: Feb. 2021)
Vegas Nerve Stimulation

- Splashing cold water on face
- Gargaling
- Sounds / Drumming
- Breathing
- Electro-stimulation (TENS -)
- Tapping
Most Basic Form of Tapping

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B: Breath with intention

C: Calm nerves as you Tap

*There are many different styles of Tapping as Tapping can be adapted, expanded and evolve.*
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://www.ncbi.nlm.nih.gov/pmc/articles/PMC6586833/
> College Baseball Athletes' Tapping #1:  
https://youtu.be/GwiihlkI2PHc

> Olympic Track Athletes' Tapping #2:  
https://youtu.be/QdIpVMC4aPU?t=24

> Concert Tapping with 14000:  
https://www.youtube.com/watch?v=rv4wf7bfzFE&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