

Tapping Away Stress Using EFT

Presented by Carol Ebert RN, Certified Wellness Practitioner and Wellness Coach

www.carolebert.com

carol@carolebert.com

507-313-4515

<http://youtu.be/atXliQa-kfU> Tapping Video

Feeling trapped in a cycle of stress, anxiety, tension, chronic pain, depression or even illness? Given up trying to find relief from doctors and drugs? Attend this session and learn a simple “tapping” technique to provide instant relief and be more able to move forward with a healthy and vibrant life.

Now you can take your physical and emotional well-being into your own hands. It's simple for anyone to master, and it's free. **Tapping (Emotional Freedom Technique or EFT)** provides relief from chronic pain, emotional problems, disorders, addictions, phobias, post traumatic stress disorder, and physical diseases. While Tapping is newly set to revolutionize the field of health and wellness, the healing concepts that it's based upon have been in practice in Eastern medicine for over 5,000 years.



Carol Ebert is a creative force for education and wellness. Her entrepreneurial spirit propelled her from bedside nursing to Navy Nurse, middle school health educator, college health service director, medical center wellness specialist, Mindful Coach and trainer, university instructor for Creativity and Law of Attraction, college student mentor, real estate investor, USANA Health Sciences Silver Director, and CEO and owner of her own business, www.carolebert.com

A pioneer in the wellness industry, her passion for wellness for over 30 years is evident in all her initiatives. She models high level wellness as a lifestyle choice and is especially interested in coaching others on lifestyle issues, and helping others with a passion for wellness reinvent themselves and start their own wellness businesses.

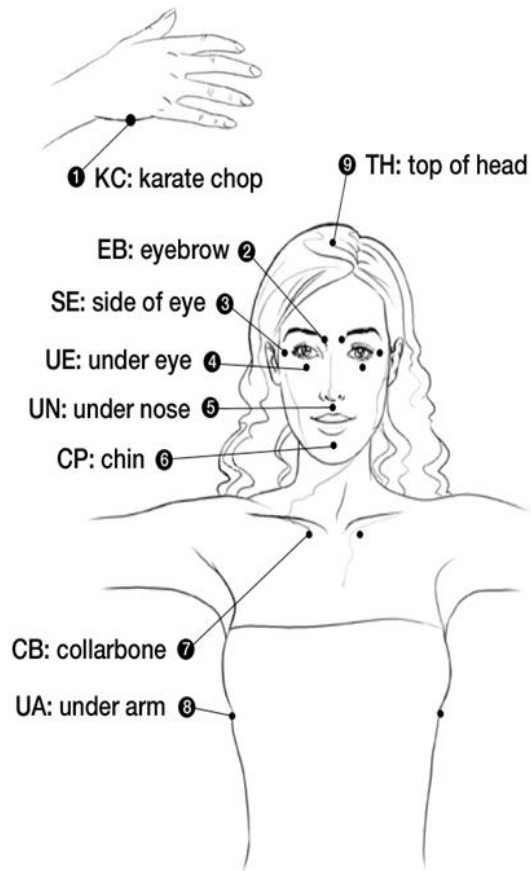
Special Gift for YOU!

Free 10-Minute Stress Assessment from Carol Ebert

- Determine your stressors
- Assess your risk for health issues related to stress
- Receive recommendations

If you would like to schedule an appointment, please call Carol at 507-313-4515 or email carol@carolebert.com

Tapping Points



'Tapping for Stress Relief'

By Nick Ortner
The Tapping Solution

Rate how stressed you are on a scale from 0 to 10. 10 being extremely stressed. 0 being totally relaxed. Write down that number.

EB: Even though people around me may be feeling stressed
SE: I stay calm.
UE: The calmer I feel the more powerful I am.
UN: Today I am conscious of how I react
C: I can take a step back.
CB: I have a clear view of this situation.
UA: I am resourceful.
TH: This is easier than I thought.

EB: As I react differently to this situation
SE: This situation changes.
UE: What happens doesn't matter
UN: It's how I respond that matters.
C: I choose to be centered and calm.
CB: I feel the inner strength inside of me.

UA: I have an inner knowing
TH: That everything will be okay.

EB: No one can make me feel a certain way
SE: It's all my choice.
UE: And I choose faith
UN: I choose joy
C: I choose laughter
CB: I choose love.
UA: Today I choose.
TH: What do I want this day to be like?

EB: Today is a gift
SE: I'm grateful to be alive.
UE: And to have this day
UN: I refuse to waste it
C: By complaining about what is.
CB: I choose to focus on what I create
UA: I create my reality
TH: I choose wisely.

EB: Today I practice self-care
SE: I'm aware of my needs
UE: I take care of my body
UN: I take care of my mind
C: I stand strong in my power.
CB: And I make decisions that serve me
UA: Only I know what's right for me.
TH: And I take that step forward

EB: I allow stress to leave my body with every exhale.
SE: I'm confident in my abilities whatever comes my way.
UE: I release all these rules around happiness
And I simply allow myself to be happy
UN: By choosing to appreciate all that I have
C: And focusing on what I desire to create.
CB: Today I trust my intuition
UA: Something amazing is about to happen
TH: As I finally let go of this stress I'm aware of all the possibilities that this day holds.

Rate how stressed you are NOW on a scale from 0 to 10. 10 being extremely stressed. 0 being totally relaxed. Write down that number.
What change have you noticed?