

HAPPY HOMES IN STRESSFUL TIMES



EFT FOR FAMILIES

Ruth Fogg



I think it would be fair to say that this unprecedented time is confusing for us all regardless of age.

However, as adults, we can watch the TV news, listen to the radio and follow social media in order to assess what we need to do or not do to stay safe.

Teenagers will probably be getting both information and misinformation via social media, so it is important to keep lines of communication as open and honest as possible.

Explaining the situation to children so that they do not get upset can be quite challenging. If nothing else, children have very vivid imaginations and depending on their age, may not be able to express how they feel.

However, their behaviour may changeWatch out for: -

TOTS



- Temper tantrums,
- Bed wetting,
- Thumb sucking
- Clingy
- Crying for no obvious reason
- Nervous and edgy at the sound of loud noises.
- Complaints of stomach-ache, headaches
- Food refusal
- Not wanting to be alone
- Scared to go to sleep

6-11 YEAR OLDS



Children of school age are more able to tell you they are feeling stressed and upset. However, whether they are able to express it or not, they can also develop physical symptoms and demonstrate uncharacteristic behaviours.

The most likely emotion at present is FEAR – fear of becoming ill, fear of family and friends becoming ill and possibly dying, fear of the future – all of which threaten their safety. Other emotions could include: -

- Feeling Trapped
- Sibling rivalry
- Worry about schoolwork
- Struggling with change
- Confusion
- Insecurity
- Separation anxiety
- Worry about losing touch with friends

“What the mind suppresses, the body expresses” so their emotions may manifest themselves in: -

- stomach aches
- headaches, coughs, sore throats
- sleep problems.
- nightmares
- no appetite or wanting to eat all the time
- slow recovery from minor ailments
- stammering or stuttering
- weak bladder
- teeth grinding,
- nail biting
- accident prone
- disobedient and rude
- bullying
- aggression
- no concentration
- poor schoolwork

These behaviours are deemed to be the child's coping strategy as well as a cry for help. If the child determines that these strategies are working, then the behaviour pattern will become habitual and is harder to change.

12-18 YEAR OLDS

Please note that some of the “symptoms” below are a normal part of adolescent development. However sudden changes in behaviour patterns or the development of new ones are often indicative of stress and anxiety. They should however be able to express their worries and fears.

- Low Self Esteem
- Low Energy
- Short attention span
- Often sleepy or extremely hyperactive
- Often depressed
- Negative self-beliefs
- Inactive and Lethargic
- Angers easily / fights frequently
- Aggressive attitude /abusive
- Dislikes self
- Easily frustrated
- Resentful and resistant
- Cries easily and often
- Sulky / withdrawn
- Detached and unresponsive
- Change in eating habits/ eating disorders
- Mood swings
- Defiant
- Intolerant of family
- Argumentative
- Self-harming
- Poor concentration
- School /College grades fall
- Drug and Alcohol usage increases
- Attempted suicide

So, what can parents do to help their children stay well and happy?

- Plan each day together so that children and young people feel included
- Have a “contract” in place for honesty and openness re feelings
- Allocate a work time, outdoor time, indoor play time and TV time
- Explain what is happening and correct any misinformation
- Hold “Family Circle” times
- Watch family videos together
- Hold competitions and quizzes online with friends and family
- Encourage them to ask questions (however “silly” they think they are)
- Take walks together and count rainbows and teddy bears in windows
- Dance and Sing together
- Learn a new craft on YouTube

TEACH THEM EFT!

EFT – Emotional Freedom Technique is part of the acupuncture family with no needles. It uses fingertips to release negative feelings by “tapping” on meridian points.

F.U.N = Free Unwanted Negativity

Rather than go through the history here – have a look online but in a nutshell – our minds and bodies need to be balanced and our energy systems get blocked when we are upset , anxious or worried about something This can trigger physical feelings like panic, aches , stomach problems etc.

The way that I explain Tapping to children and young people is by firstly showing them a series of “optical illusion “ pictures like the ones below to illustrate that there are usually two ways of seeing things and two ways of feeling about things – nice or nasty.



I then introduce my monkey - which represents that little voice inside that keeps us sad, worried angry, hurt, scared (or whatever the problem is)

If they are mature enough, I tell them how our minds work – how the “thinking” part of our minds (the conscious) is much smaller than the rest of it (the subconscious) which is like a filing cabinet where everything we have experienced and learned since birth is stored.

Some good examples of automatic learned behaviours and rituals are walking, talking, brushing

teeth and explaining that we must trust this part of our minds to make us breathe, blink, swallow, digest our food and so on. However, if we develop bad habits like nail biting and have sad memories as well as happy ones, they get stored too.

The monkey feeds us with a reminder when something acts as a trigger and that can either be” nice or nasty.” .

A good example is asking what 5x5 is and if the table has been learned correctly through repetition and practice, then the correct file in the cabinet opens and we get the answer. If, however the table was not learned correctly, and the answer given is 24, the monkey will not correct it. The subconscious stores what it is given, good bad and indifferent. It does not differentiate between right and wrong or what is real and what is imagined.





List of Feelings



Happy

Sad

Angry

Other feelings



- Calm
- Cheerful
- Confident
- Content
- Delighted
- Excited
- Glad
- Loved
- Proud
- Relaxed
- Satisfied
- Silly
- Terrific
- Thankful
- Tickled

- Ashamed
- Awful
- Disappointed
- Discouraged
- Gloomy
- Hurt
- Lonely
- Miserable
- Sorry
- Unhappy
- Unloved
- Withdrawn

- Annoyed
- Bugged
- Destructive
- Disgusted
- Frustrated
- Fuming
- Furious
- Grumpy
- Irritated
- Mad
- Mean
- Violent

- Afraid
- Anxious
- Bored
- Confused
- Curious
- Embarrassed
- Jealous
- Moody
- Responsible
- Scared
- Shy
- Uncomfortable
- Worried



www.RewardCharts4Kids.com

Most school age children and young people can identify the feelings above and of course, we want them to be in the Happy Column. Sometimes however they just know they feel “yucky” and that’s fine too.

The yucky feeling may be in their tummies or they may not be able to identify it at all. No matter – the subconscious mind (the monkey) knows what is going on!

With younger ones, if they are not themselves, then just tap gently on the points shown in the diagram. You don’t need to say anything other than you are going to use your “magic” fingers to help them feel better.

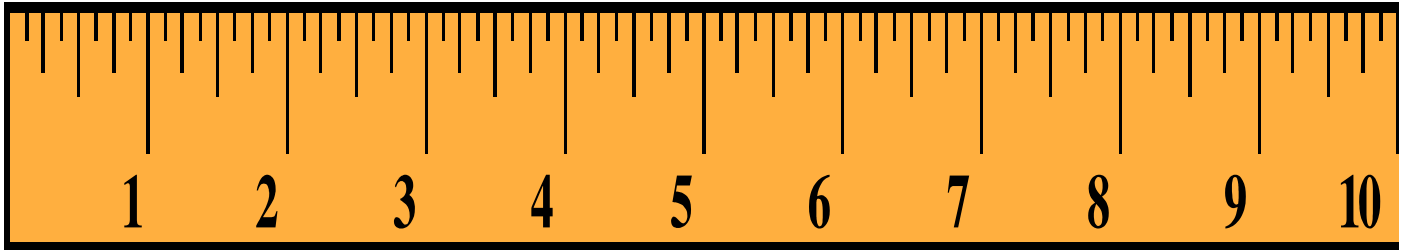
A couple of rounds should clear the emotional blockages and they will soon be back to normal. (This is great to get them to sleep)

If they like it, you can tap along with them so that they can use their own “magic” fingers. Rather than counting the number of times that you tap – say TAPPITY TAP, TAP TAP and tap to the rhythm of the words. Tapping together can be fun.

=====

With older children, ask them what they are feeling (as previously stated – yucky or any other word is ok if it means something to them.)

Ask them to measure the feeling on a scale of 1-10 or get them to stretch their arms as wide as the problem is.



Tapping on the Karate Chop point (see below) say “Even though I feel, I’m a cool kid “

Ask your child to repeat this three times – this is known as the set-up statement

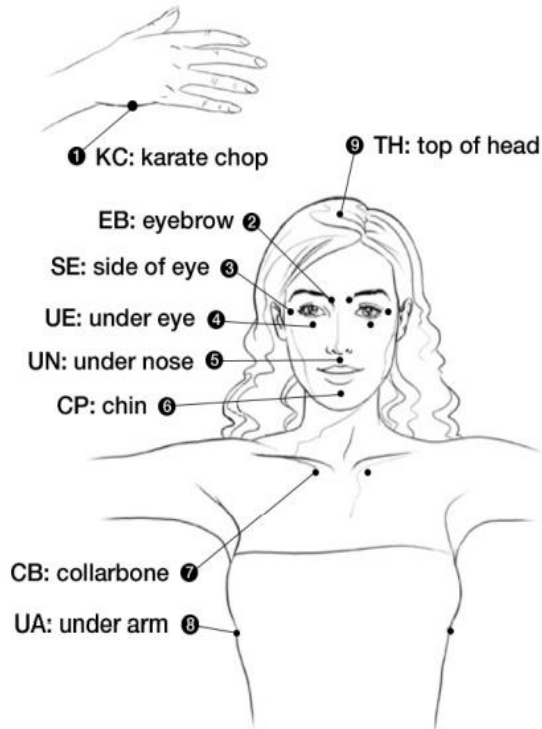
Alternatively, they can choose an emotion from the HAPPY column above

“Even though I have tummy ache – I choose to be calm “

Follow the sequence in the diagram, and get your child to follow or mirror your actions (or tap on them)

In the first-round, tap on the points as you say the problem – “this tummy ache, this yucky feeling”

Take a deep breath and then do another round with the positive statement – “I’m a cool kid” “I choose to be calm”



1, KARATE CHOP

2. EYEBROW

3. SIDE OF THE EYE

4. UNDER THE EYE

5. UNDER THE NOSE

6. MIDDLE OF CHIN

7. COLLAR BONE

8. UNDER ARM

9. TOP OF HEAD

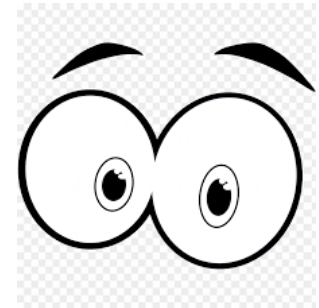
TAKE A DEEP BREATH

www.thetappingsolution.com

Measure the emotion again – has it come down? If the feeling is below 5 and your child is smiling, you can leave it there. If, however, it is still over 5 then do the GAMUT (Strange name but powerful!)

We have already shown how important our eyes are with the optical illusion pictures – this sequence also uses eye movement as it helps to “unravel” what is going on in our minds. The “Happy Birthday” humming represents the subconscious with rhythm and (usually) happy memories and the counting engages the conscious mind. They are working together rather than in conflict with each other.

- **Close your eyes**
- **Open your eyes**
- **Look hard down to the right with a still head**
- **Look hard down to the left with a still head**
- **Hum the first line of Happy Birthday**
- **Count 1-5 out loud**
- **Hum the first line of “Happy Birthday “again**
- **Take a deep breath**



The breath shifts the blockages, so it is very important

Ask your child how s/he feels now and check the measurement once more. If for there is no shift, which is unlikely, then you are working on the wrong thing.



Try – “Even though I don’t know what I am feeling, I choose to let it go, or I’m cool “

After doing a round of tapping, check that nothing else has come into your child’s mind. The subconscious is very good at joining the dots and may recall a memory which embedded this feeling in the first place.

For example, if a child was smacked once, every time that parent shouts at the child, the memory of being smacked will surface and trigger fear in the child.

The memory needs to be cleared – we cannot change what happened, but we can change the feelings associated with it.

Even though I have this horrid memory of..... I’m cool or I choose to let it go

A memory is a picture in our minds, and they trigger nice or nasty feelings depending on whether the memory was nice or nasty. By tapping, on the “nasties” the picture fades and loses its impact on the emotions.

Think of the mind as being like an onion and we need to delayer or alternatively, a jig saw puzzle where we need to find all the pieces.

Happy Tapping!

If you have any questions or are struggling – contact me on
ruth@stressworx.co.uk

CONTACT RUTH NOW FOR A COPY OF “MERLYN THE MAGIC MONKEY” – an audio that will help your child overcome whatever is holding them back. Just £10.00

For Teenagers – **STRESS N’ STUFF** – Tackling Teenage Mental Health is available on Amazon



Ruth Fogg

Therapist : Trainer : Speaker : Author

STRESSWORX - Positive Solutions for Peace of Mind

Ruth specialises in providing practical skills and solutions to understand and manage stress in both personal and professional situations.

As a **THERAPIST** - She offers individual therapy to adults, teenagers and children to explore and address the wide range of issues that result in stress, including negative behaviour patterns, habits, fears, phobias, cravings and addictions, low self-esteem, lack of confidence, exam nerves, panic attacks – anything that holds people back at home or work.

As a **TRAINER** - Ruth offers workshops in the workplace, school or college which include compliance with the law, stress audits and practical solutions to manage and control stress

As a **SPEAKER** – Ruth speaks about stress “The Invisible Enemy” “Happy People – Happy Places” “Too Much Monkey Business” “Is Stress Self Inflicted?” and “Epehephobia”.

As an **AUTHOR** – Ruth has written “Stress Tips for Busy People”, “Tapping for Teens” and “Stress n’ Stuff - Tackling Teenage Mental Health”. Coming soon “Stress n’ Stuff – Tackling Tough Times

Her qualifications include a Diploma and M.Sc in Counselling Psychology, Teaching, Coaching, Reiki, Hypnosis, Emotional Freedom Technique and Stress Management. She has been in business since 2002.

Ruth has a background in teaching and youth work. She was Head of the Youth Service in the London Borough of Ealing for twelve years and is an Honorary Fellow of Brunel University. She was the chairperson of the Centre for Youth Work Studies at Brunel for ten years. As a freelance trainer and qualified Assessor, she has delivered qualifications in youth work for Brunel, Richmond College, YMCA London South West, Surrey County Council, Lifetrain and London Youth. As an Ofsted Inspector she has undertaken inspections and numerous pre – inspection checks for youth services all over the country. Until recently she was a Director of YMCA London South West and Middlesex Young Peoples Clubs. She was also a Trustee for MIND in Ealing and YMCA Training.

After taking early retirement in 2002, she developed her stress consultancy but continued youth work training and assessment.

Ruth is a member of the General Hypnotherapy Standards Council; Spelthorne Business Forum; The Complementary and Natural Healthcare Council and the Professional Speakers Association. She is a Stress Advisor and Fellow of The International Stress Management Association. She is married with two adult sons and lives in Wraysbury, near Windsor where she is an Associate Governor at the primary school and a founder member of “wraysbury matters”, promoting wellbeing in the community.

www.stressworx.co.uk

01784 488165 ruth@stressworx.co.uk