



Tips to keep you airborne!



On the 12th day of Christmas
December 2024

"On the 12th day of Christmas my true love gave to me...a technique that helps me be stress free."

You know the tune, and you're singing along, I hope!

This month, I'm going to whip a nifty universal tool from my self-help toolkit to share at this busy juncture in the year's calendar.

Why?

Because notwithstanding the significant pressure points in the cost-of-living crisis we are currently in, including housing, rent, childcare, and wine...yes wine, according to national research reported in the paper today, the addition of Christmas and all its financial trappings can add a significant load to the stress mix.

You know that feeling you get when too many demands exceed your resources to cope and you're noticing it in a revved-up body; your thoughts are driving you nuts; you feel frazzled and now you're reaching for that increasingly more expensive bottle of wine.

Fear not, this technique, EFT (Emotional Freedom Techniques) or Tapping, which I trained in 25 years ago (and have been using with clients ever since), was deemed to be weird and 'out there' all those years back.

Thankfully it has since joined the APA (American Psychological Association) evidence-based hall of fame. According to the APA standards, EFT has demonstrated efficacy for anxiety, depression, PTSD and phobias. It can do wonders in countless ways.



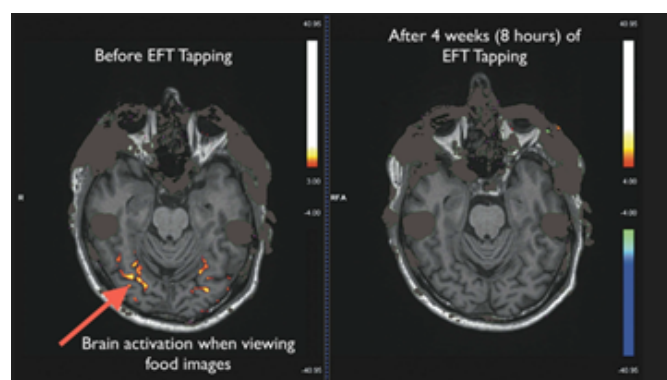
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Back in the day, I knew for example that it could curb food cravings, and help with targeting emotional drivers to over-eating, but there was no 'evidence'.

Today, I'm delighted to say, there is.

Dr. Peta Stapleton, clinical & health psychologist, professor at Bond University in Queensland and world leading researcher and author, did a world first fMRI study of EFT on food cravings in 2019, and below is what she uncovered:



Her results were indisputable.

In relation to stress and EFT's ability to provide relief, through his scientific research, Dawson Church, PhD, integrative health-care researcher and award-winning author, charted a massive 24% decline in the stress hormone cortisol after a single hour session of EFT.

Cortisol is a super important hormone, responsible for maintaining constant blood pressure and blood glucose levels, regulating immune function and anti-inflammatory mechanisms, and dictating our fight-or-flight response.

However, too much of this good thing, which stress overload can give you, is associated with rapid aging, calcification of the brain's memory and learning centres, and loss of muscle mass and bone density to name a few.

Indeed, numerous scientific papers have demonstrated substantial decreases in the physiological markers of heart rate variability, heart coherence, blood pressure and the endocrine and immune systems, as well as the decrease in psychological indicators of anxiety, depression, PTSD, pain, and cravings. All because of EFT.

So, what more can I say?



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If you'd like to join the hall of 'famesters', including Naomi Watts, Clint Eastwood, Nicole Kidman, Whoopi Goldberg, Kate Winslet, Emma Watson, Paul McKenna, Miley Cyrus and Michael Strahan (and many more), who have used EFT for overcoming stress, anxiety, grief PTSD, phobias and fear of public speaking....drop me an email asking for a free handout with simple, 'how-to' instructions to help you lower symptoms of stress with great results.

Honestly...it can be a lifesaver.

How do I know? From experience... trust me!

Till we turn the corner, stay safe, stay well, Happy Christmas and Happy Tapping!

Caroline

PS - If you're struggling with stress or anxiety, consider working with me directly to see how you can benefit from some EFT wellbeing coaching. Hit the reply button to this email with "yes, more information please".

PPS - If you know of anyone who might enjoy reading my newsletters, feel free to forward this to them and ask them to subscribe.



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