

EFT

Aftercare

How to look after your emotional, mental, physical and spiritual wellbeing **after an EFT session**

Acknowledge the shift you experienced and where you are now:

Dwell more in this calm, clear state. Recognise any insights and the feeling of now being more relaxed.

Boost immune system: Increase any foods or food based supplements to assist with any detoxing that may occur after you release with EFT and sound healing.

Move your body: Yoga, Thai chi, swim, stretch, whatever way makes you feel a flow and shifting stagnation

Trust yourself in this process. There is always more to release and this OK. You have begun.

Grounding connect with the mother earth and the stars, especially areas of water, lakes, the ocean, rivers: Walk in nature regularly. Look at the sunrise and the night sky. If you are not able to be in nature, be with plants and animals.

Dwell more frequently in stillness: Embody this present moment. Meditate, contemplate & appreciate what you value. If you only spend /2 mins interspersed in your day being with a soft breath, in the nose and out the nose gently, this will benefit you greatly.

Connect with loved ones: Share yourself, learn to be at home and comfortable within you and your body



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Pay attention to your boundaries: Focus on doing what you love, no longer sacrificing yourself. Make small kind steps to avoid enabling others. Support others in a way that leaves you feeling loving and loved.

Use your life experiences for the change you desire: Choose differently next time. Ask yourself, what can I do differently next time? What do I need to do to prevent something negative and unpleasant occur again?

Spring clean and reduce your distractions: Cleanse all spaces in your home and car, fixing or replacing anything broken. Let go of personal possessions and overly sentimental objects including clothes that you no longer need. Give them away to a charity shop only if you feel they may be of benefit to avoid burdening the recipient. Discard old paperwork, files on your devices, emails and any accounts that are not necessary.

Humming and sounding your voice: A highly effective way to calm down your nervous system and a great tool for self-soothing that can be used anywhere anytime. With our voice, we are toning our vagus nerve, our nervous system, and our emotional and energetic bodies.

Other self help resources:

Access my tapping library to continue your healing journey.

[CLICK HERE TO ACCESS THE LIBRARY](#)

Subscribe to my Youtube channel to enjoy my latest tap along videos

[CLICK HERE TO SUBSCRIBE](#)

Breathe now: Know you are going to be OK even you don't feel OK sometimes as this too will pass.

You are loved and You are not alone