

Resources for Resilience

Resilience is a natural resource you can use to help your body and mind return to calm after upsetting or stressful events.

Resources for Resilience (R4R) provides free access to self-help tools for emotional first aid. You can use these Energy Psychology tools to resolve symptoms of stress and trauma and to create resilience.

Inside this leaflet you will find instructions for some simple and efficient exercises.

More information and exercises are available in online instructional videos at

www.energypsych.org/resilience.



Try for Yourself!

Over a million people around the world have benefited from Energy Psychology. It can help you enhance performance (sports, school, business and the arts); overcome limiting beliefs about relationships, finances, health and similar issues; lose weight - and keep it off; reduce anxiety and depression; heal trauma, including post-traumatic stress; and heal addictions.

Humanitarian Committee

Contact Information:

Web: www.energypsych.org

Email: acephnum@gmail.com

Skype: support@r4r.support

What is Energy Psychology?

Energy Psychology is a family of integrative approaches to psychotherapy, coaching and healthcare treatment rooted in mind-body healing traditions and modern clinical practice. These simple and effective techniques facilitate rapid, positive change, and are aligned with the latest findings from neuroscience and traumatology. More than 80 peer-reviewed studies have validated the effectiveness of Energy Psychology techniques.

How Can Energy Psychology Help You?

Energy Psychology techniques allow you to create a positive shift in emotional reactions to stressful and traumatic incidents.



Ulf Sandstrom and Gunilla Hamne practicing a form of Energy Psychology
TTT - Trauma Tapping Technique

What is ACEP?

Association for Comprehensive Energy Psychology

The Association for Comprehensive Energy Psychology (ACEP) is a professional organization for licensed healthcare providers and allied health disciplines, which serves to organize and unify Energy Psychology methods, provides professional support and education, and establishes ethical guidance in practice.



Looking to Resolve Stress and Trauma?



You are Not Alone!

Stress and Trauma are a Concern

Stress, a survival response, has turned into an everyday challenge to youth, adults and elders! Unregulated it can cause a number of symptoms such as inflammation, headaches and depression.

In response to **trauma**, your body wires you to avoid repeating an experience by causing extreme stress when anything reminds you of it. Sometimes this reaction causes problems because even if the danger is over, yet the alarm still rings. It is therefore called post traumatic stress.

Solution

Energy Psychology offers powerful and effective tools for resolving symptoms of stress and trauma, creating clarity and feeling calm.



Symptoms of Stress and Trauma

Symptoms of stress and trauma include but are not limited to:

- Anxiety, fears and emotional distress
- Feeling 'jumpy' and hypervigilant
- Easily irritated, angry and reactive
- Restlessness, inability to rest or sleep

- Fatigue and tiredness
- Breathing & respiratory problems
- Stomach and digestive issues
- Heart palpitations and arrhythmias

- Low libido and reproductive issues
- Reckless behavior
- Aches, pains, illness and psychosomatic symptoms
- Nightmares

Techniques that Can Resolve Symptoms of Stress and Trauma

Waking Up from Shock: Four Thumps

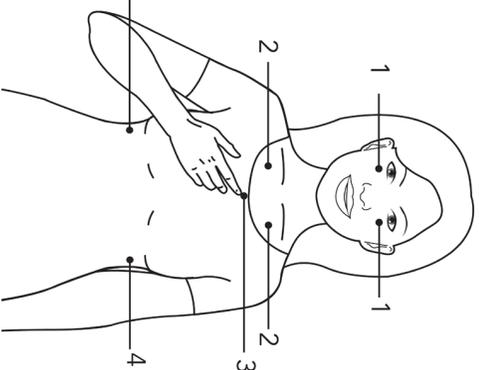
To reawaken the system after shock, relieve feeling numb or frozen, turn the circuits back 'on,' increase energy in mind and body.

Points 1 — Tap lightly on both sides 20-30 times (On the upper edge of the ocular ridge, right below the pupil of the eye)

Points 2 — Rub in small circles and then tap on both sides 20 -30 times (approximately 1 inch under the collarbone and 1 inch out to the side of the sternum (breast bone), in a soft indentation between the ribs)

Point 3 — THUMP vigorously with gently closed fists 20-30 times (The soft spot at center of sternum)

Points 4 — Thump vigorously with a gently closed fists on both sides 20-30 times (just under breast and slightly to the side where the rib sticks out)



Resources

At **ACEP**, we have resources that you can access and use for yourself and/or loved ones.

ACEP Website: Resources for Resilience

<http://www.energypsych.org/resilience>

ACEP Humanitarian Committee Web Page

<https://energypsych.site-ym.com/page/Humanitarian>

R4R YouTube Page

<https://tinyurl.com/R4Rvids>

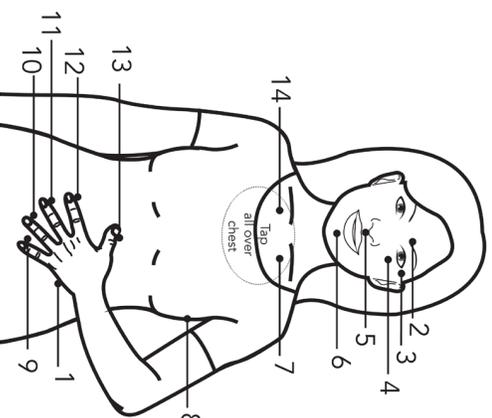
Trauma Tapping Technique

Created by The **Peaceful Heart Network**
www.selfhelpfortrauma.org

Defuses and desensitizes traumatic memories and reactions.

- Steps:**
1. Make contact with your partner (or with yourself).
 2. Select an upsetting memory to focus on.
 3. Think of the upsetting memory just a little bit, not too deeply.
 4. Tap the Sequence of Points 1 -14 (see below) about 10 times each with two fingers.
 5. Take two deep breaths.

6. Tap the Sequence of Points again.
7. Again, take two deep breaths.
8. What do you notice now?
9. Usually people notice that the upset has changed or greatly diminished. If there is only a slight change, do the treatment again.
10. Acknowledge yourself for the shifts and changes you have experienced.



Connected Heart Breathing

Heart focus: Place both hands over your heart at the center of your chest.

Heart breathing: Breathe gently and deeply, as if you are breathing in and out through your heart.

Heart feeling: While maintaining your heart focus and heart breathing, recall a positive feeling, of love, appreciation or gratitude. Continue heart focusing, heart breathing, and heart feeling for as long as you wish. When finished, gently express appreciation and gratitude for all the love and blessings in your life.



Calming Hug:

Triple Warmer / Spleen Hug

To calm anxiety and agitation, shift energy from fight/flight back to supporting immunity.

Sit comfortably with arms crossed, one hand wrapped around the upper arm just above the elbow and middle finger in the little notch above the elbow. Put the other hand underneath the arm holding the side of the body about 4-6 inches below the start of the armpit. Hold for at least one minute.

Switch the holding position and hold at least one minute. Switch positions back and forth several times, until you feel a shift and a sense of deep relaxation.

