



# Anxiety Relief Program



A 4-month program to calm the anxiety in your body. This program has been designed so you get maximum benefit. Are you tired of accepting that anxiety is a big part of your life? Together we can change this!

## What is Anxiety?

Firstly, anxiety isn't stress; it's your mind and body's reaction to stressful, dangerous, or unfamiliar situations. Anxiety usually manifests itself as an intense, excessive, and persistent worry and fear.

Often, anxiety disorders involve repeated episodes of sudden feelings of intense anxiety and fear or terror that reach a peak within minutes (panic attacks). These feelings of anxiety and panic interfere with daily activities, are difficult to control, are out of proportion to the actual danger and can last a long time. You may avoid places or situations to prevent these feelings. Symptoms may start at any time in your life and reappear for no specific reason.

## 4 Major Effects of Anxiety On The Brain

1. Anxiety floods your body with stress hormones
2. Anxiety makes your brain hyperactive to threats
3. Anxiety can make it hard for your brain to reason rationally
4. Anxiety can train your brain to hold onto negative memories

## Symptoms of Anxiety

- Feeling nervous, restless or tense
- Having a sense of impending danger, panic or doom
- Having an increased heart rate
- Breathing rapidly
- Sweating
- Trembling
- Feeling weak or tired
- Trouble concentrating or thinking about anything other than the present worry
- Having trouble sleeping
- Experiencing gastrointestinal (GI) problems
- Having difficulty controlling worry
- Having the urge to avoid things that trigger anxiety

Are you feeling one or many of these symptoms?

## Then my ANXIETY RELIEF PROGRAM is for you

Anxiety Relief Program is a 4-month program, suitable for both men and women over 18. No formal diagnosis of anxiety is necessary.



## Benefits of Anxiety Relief Program



Reduced anxiety, worry and stress.  
Gaining a new perspective on stressful situations.



Building skills to manage your anxiety



Experience less symptoms in your body while strengthening your immune system.



Increased confidence, patience and tolerance.



Improved happiness

## So What Does Anxiety Relief Program Involve?



8 personalised EFT session, focussing on your specific issues around your anxiety.  
Reducing your stress hormones significantly with every session, booked in fortnightly, either face-to- face or online.



4 online group sessions over 4 weeks, supporting you as you work through your healing.  
With a **maximum of 4 people**, we celebrate your wins and tap on any issues that has increased your anxiety.



Get confident in the self-tapping tool, as we work through the 30 day Personal Peace Procedure, clearing all that dead wood that is emotionally weighing you down.



Receive regular emails from me. Checking in on your progress, your emotional well-being and keeping you accountable, so you get maximum results.



24/7 email access to me, so you can ask any questions, to support this journey.



A free gift to support your healing

# Let Me Help You Manage & Treat Your Anxiety

In The Tapping Room, I combine brain science with compassionate care. I personally know just how taxing anxiety can be on your brain. But I also know that with treatment and support, you can learn to manage anxiety effectively.

Anxiety doesn't have to take over your life. You don't have to live in fear of the world or constantly worry about potential dangers.

## Investment

Invest in you, with this 4-month program and calm that anxiety. Only \$1600

Your emotional and mental wellbeing are worth the investment, just ask your family and friends.

## When?

Groups are organised around your availability. I run the 4 group sessions on Tuesdays and Fridays plus Wednesday evenings over 4 weeks.

## Where do I sign up?

Send an expression of interest email to [TheTappingRoom@outlook.com](mailto:TheTappingRoom@outlook.com)

Mention the Anxiety Relief Program and the day that best suits for the 4 group sessions (Tuesday, Friday or Wednesday nights).

I will forward on payment details to secure your position.

Only 4 positions available per course.

