

MEDIA RELEASE
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Tapping Away the Stress of NAPLAN

A scientifically proven technique called Emotional Freedom Technique also known as “Tapping” can help kids deal with NAPLAN anxiety and stress.

EFT practitioner and Tapping expert Sally Thibault said whilst adults discuss the merits of NAPLAN what is often missed is the anxiety it causes many children.

“Kids know that this test is important. They are drilled on it. Why? Because the results are important for the school, and with that focus often the impact on students is lost” she said.

“Let’s make no bones about this test – this is about a school’s performance and unfortunately many kids, especially kids who are highly sensitive or naturally high achievers will feel the pressure.”

“When kids are under too much stress, cortisol, the stress hormone is released into the body – causing kids to become anxious and many times causing a ‘mental’ block or they may complain of feeling sick or having a headache. Those symptoms, easily passed off by parents or educators as ‘made- up’ are actually very real – they are the body’s natural response to high stress and anxiety.”

“But the simple technique of Tapping – often called Emotional Acupuncture without the needles - is a scientifically proven method of reducing stress considerably can be something that parents and teachers can teach children to do to alleviate the stress so they can perform better.”

Mrs Thibault said Tapping can be used to quell anxiety and stress in many ways:

- **Reduces stress and anxiety levels very quickly and easily.** Kids can do this so simply and easily and can help them if they are worried or concerned.
- **Helps ‘Exam Memory Block.’** One of the symptoms of high stress is the release of cortisol, our body’s natural stress hormone. Often times too much cortisol in the body causes the fight, flight or freeze response and that can equate to school refusal, feelings of anger or aggression – or memory blocks and is why many people can’t think during an exam.
- **Separates the child from the outcome:** Tapping helps build kids confidence levels as they understand that the physical feelings they have are very real – and not imagined.
- **Tapping is scientifically proven.** There are now thousands of studies worldwide to show the impact that Tapping can have on reducing stress and anxiety.

Mrs Thibault said once children understand Tapping it is a great tool that can be used time and time again. “This technique is now being adopted by athletes, performers and those in pressure situations – it is a true game changer when it comes to the simple treatment for anxiety and stress!”

Tapping is now a worldwide phenomenon that is transforming beliefs that have previously taken years to identify and release using traditional therapies. In fact it is now being considered for adoption by the UK's National Health Service.

<http://www.dailymail.co.uk/health/article-2540469/Alternative-tapping-therapy-favoured-Lily-Allen-used-NHS-treat-anxiety-depression.html>

“While we cannot change NAPLAN, what we can do, as adults is understand the pressure that is placed on kids and give them a tool that can help them sail through these tests confidently and successfully. And it's a technique that can help them throughout their lives!”

About Sally Thibault

Sally is a Professional Speaker, Counsellor, EFT Practitioner and author who works with people in understanding the power of Emotional Freedom Technique. She runs seminars on Tapping, is the Parenting expert on 96.5 and Queensland Cancer Councils “Live Well Be Well” Radio show, an Asperger's parenting expert and a guest lecturer at the University of South East Queensland.

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