



# HAPPY MARLO

Positive • Calm • Strong

# Marlo Moments.

At Happy Marlo we're passionate about empowering children with the emotional support they need to thrive.

Let's face it, growing up is difficult, even without experiencing the trauma of a global pandemic.

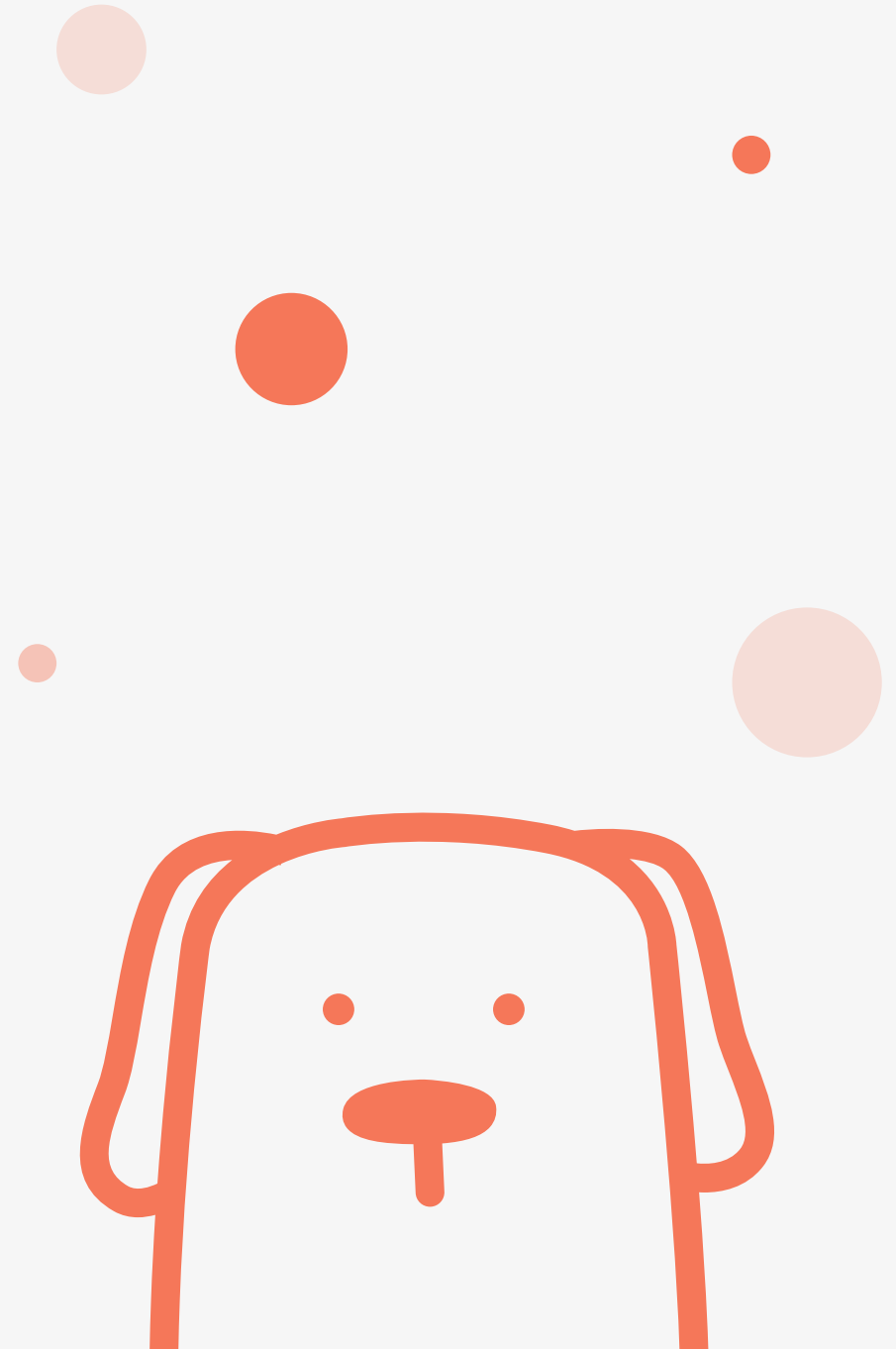
Our 'Marlo Moments' are designed with love, to provide children and their families with tools and techniques to help them manage life's inevitable emotional rollercoaster, build resilience, and flex their emotional muscles.

# Tapping/EFT

**Tapping (aka Emotional Freedom Technique) is a special part of Happy Marlo's superpower-wellbeing toolkit. You might have heard of tapping, but perhaps you're not quite sure what it is. We're here to reveal all.**

Although children feel stress, they can often lack the words to express it. Instead, their stress can get 'stuck' in their body. When this happens, a child might feel afraid or upset, without really knowing why. This can be incredibly confusing for children and the people who care about them, and can also introduce more stress and negative emotions in their lives.

Tapping is an excellent way for children to manage their stress levels and feel more in control of their feelings. What makes tapping extra special, is that it can also help children overcome negative emotions before they have the chance to become negative self-beliefs.

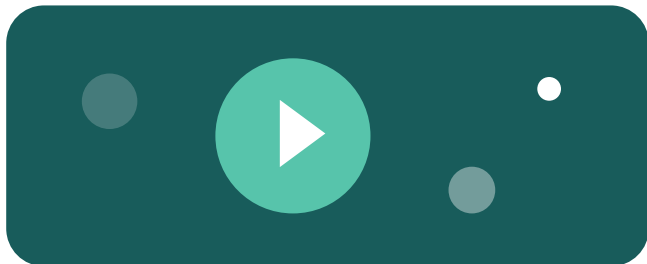


# We know, you've got questions!

## OK, so what is it?

Tapping is a self-healing technique which combines ancient Chinese wisdom with cutting-edge neuroscience. It involves gently tapping on your body's acupressure (meridian) points whilst repeating a mindful statement, or speaking out loud about how you are feeling.

**Check out this 3-minute film with Happy Marlo's resident EFT Practitioner, Donna Grant, as she explains exactly how and where to tap!**



## Intriguing... how does it work?

Meridians, or acupuncture points, are pathways where energy (or qi), flows through our body. Imagine the body is like a house wired with electricity. The meridians are the cables carrying that power around our bodies, and each 'meridian point' is where the cables come together.

When we tap on these points, with our fingers, we calm down the stress-centre (the amygdala) in our brain. By combining the tapping with the mindful words that we say out loud or in our head, we effectively rewrite our relationship with the negative emotions or memories (neuropathways) that were stored there. We shift them! Which is really exciting, because it means that tapping is a fantastic, safe technique for children to become the happiest and healthiest version of themselves.

## Is there any science behind this?

Yes, there is! There is a wealth of world-class scientific evidence\* (see below) which backs up the wonders that tapping can perform. Several studies show\*\* that tapping is a highly effective method for treating anxiety, depression, and post-traumatic stress disorder (PTSD), and countless others show that tapping can help improve physical illness or chronic pain.

At Happy Marlo we want to help children feel secure, and tapping is a wonderful way to do just that. It's remarkably effective, and many children tell us they feel happier and emotionally stronger after just one tapping session!

**Watch out for our Happy Tapping events, and Happy Marlo Moments!**

# More Information

## Benefits for Children

EFT can help children process emotions and take control of their own wellbeing. The positive effects have been so widespread that some schools are starting to introduce it into the curriculum. Benefits include:

- Helping children recognise, understand and express emotions
- Significantly reduce stress levels
- Increased self-esteem and self-acceptance
- Increased happiness, energy and overall sense of wellbeing
- Reduced perfectionism, fear of failure, or procrastination
- Improving academic performance or managing learning difficulties
- Supporting friendship dynamics, anger issues, bullying-related events or self-harm
- Overcoming fears or phobias

## Research

\*EFT & Mental Health studies: several studies (2019, 2019, 2018,) show that tapping is a highly effective method for treating symptoms of anxiety, depression and post-traumatic stress disorder (PTSD).

\*\*EFT and Physical Ill-health: countless studies (2014, 2014, 2008) show that tapping can improve physical illness symptoms or chronic pain. For instance, it is helpful for issues such as psoriasis, fibromyalgia, diabetes and muscle pain.

EFT and Learning Disabilities: in one ground-breaking case study (2015), EFT improved symptoms of dyslexia. After three EFT sessions, the patient's emotional distress associated with her learning disability was eradicated. As a result, she was able to clear her mind and read sentences with greater ease.

## Side-Effects or Risks

- EFT is completely safe, and there are no known side effects
- The only exception is to avoid the 'ankle pressure point' if you are pregnant
- However, if you or your child is struggling with intense emotional distress, contact your GP or mental health professional

