



PWE17: Tapping Away Anxiety

Aubree: Welcome to the Peace With Endo Podcast. My name's Aubree Deimler. I am an author and wellness coach who helps women with endometriosis to naturally manage pain, increase energy and find Peace with Endo.

This is episode number 17 and I'm super excited that Jewell Siebert is here on the show today. She's a fellow author in the collaborative book we did together called *Women Who Inspire*. She's a certified professional coach and energy worker who supports women to actually enjoy the lives they work so hard to create. I'm so excited that she's here today to share her wisdom with us all. Thanks for being here Jewell.

Jewell: Yeah. Thank you Aubree. This is so much fun.

Aubree: So can you share a little bit more about what you do and how you got into it?

Jewell: Yeah. So, I am a coach and an energy worker, and what I do is I work with women either one-on-one or in group settings, and what we do, gosh I like to call it the SSDD syndrome, the same stuff, different day. You know, you wake up and it feels like we're just going through the motions, and we've made all the right choices, but you know something's off, and we bring all our stress home. It affects our relationships, and so I work with women to pinpoint what's going on. How we're maybe sabotaging ourselves, or blocking ourselves, and to change it so that we feel more fulfilled, happier, we have better quality time with the people we love, and we're not bringing negativity home and we're not even letting it hit us and let us spiral off course in the first place. So, I do that in, I do that using traditional coaching and some energy tools like tapping and chakra clearing.

Aubree: Awesome. So, I've heard of tapping and you know I've seen you do some of your magic. How, can you explain a little bit more about how that works?

Jewell: It's just magic. No. (Laughs) It is amazing. It's called Emotional Freedom Technique. You might have heard it called as EFT, or tapping, and what it is, is an acupressure technique. So, a lot of people are familiar with acupuncture, but this is where you tap on different energy points along your meridians, or different points on your energy meridians and you tune into what you're feeling, and you say some phrases that's help you lower your stress levels. It's like putting a virus in your fight or flight response.

So, you lower your stress levels. You clear out your energy blocks and you allow your brain to create new neural pathways so you can have whatever negative thoughts or experiences you're having without having the physical negative response.

Aubree: So how do you use tapping like to deal with everyday frustrations that might come up in life?

Jewell: Holy Moley. Girl, I use this all the time. I use it while sitting in traffic, like someone cuts you off, or won't let you merge, and you get a little frustrated. Well, I get frustrated. I will just tap. I'll go along the points and just tap or if I'm going to speak and I start to feel nervous. I'll tap. Any time I'm getting frustrated or maybe feeling anxiety about something or just angry, you know, and it's good, I firmly believe in feeling your feelings, and tapping allows you to feel them and clear them.

Aubree: And I actually re-read your chapter last night in *Women Who Inspire* and there was a piece in there that I very much related to and I'm sure that many of listeners can too. You wrote about how early on you learned how to numb your emotions.

Jewell: Yeah.

Aubree: I'm assuming from your story that was a protective mechanism. One thing that I've learned also since getting more into energy work is that power of feeling and processing your emotions which can be hard when those emotions are heavy.

Jewell: Yeah.

Aubree: Do you have any tips on how to work through and process some of those feelings?

Jewell: Yeah. Totally. And it is hard. It's so much easier to numb it out, because who wants to feel crappy. I mean even our bodies do it when we sense pain our bodies tighten up to just kind of protect from feeling badly, and with our emotions we do the same thing. It's better sometimes, well you know we think it's better and safer to just numb out and not experience the bad, but when we do that we take it on. We bury it in ourselves and it can just stick in our bodies and even turn into physical pain.

So, what I do since I firmly believe it's healthier to experience it, you know, even like the other night I was feeling so jealous over a wonderful friend who's doing well in her business, and I started feeling really jealous, and I'm like I don't want to feel jealous. This isn't, this isn't good. But I said, no. You know, you need to just take a minute and feel. So, I just, I breathe.

I take a deep breath. I try to open up my heart space area because you know that's the part that really numbs is your heart. So, I breathe and I say, Ok. This is what I'm feeling. I am feeling so whatever. You know in this case it was I'm feeling so jealous right now, and I give myself permission to just let out all the negative out. Just feel it, and while I'm doing it. I'll tap. I'll tap on one of the points, you know, which ever, if I feel like doing all of them, or just a particular one.

I'll tap on it, and I'll just vocalize all these quote-unquote terrible things, you know, I don't think there are really terrible. No feeling is terrible, but I'll vocalize all these negative feelings I'm having and just express it, and as I do that I'm able to kind of re-frame it and say, Ok. I've felt this and you know it's like a balloon deflating and you say ahhhh. I got all that tension out. Got all that out.

Now what's another thing that can be true? So, like in terms of jealousy the other night I was like well I'm only seeing part of the picture. I'm not seeing this other person's struggles, or say we're feeling anxieties, like Ok well what's the worst thing that can happen? The worst thing that can happen is this. I can handle this. I've handled worse.

So, just allowing yourself to really feel it and if you want to tap with it you can tap with it too, and giving yourself space so you can process and then you can move onto something healthier for you.

Aubree: That's excellent advice, and I know for me. I'm a writer. So, that's very much how I get things out too.

Jewell: Yeah.

Aubree: Get it out on the page helps me kind of move that energy too, and I know like when those feelings of anxiety can come up it's almost like a feeling like you're losing control in a sense.

Jewell: Yes.

Aubree: Which I know energetically is very much tied to that sacral chakra space, at least that's the one thing I've identified is my control issues.

Jewell: Yes.

Aubree: Do you find that tapping kind of helps with that, it gets you back in your body? I guess.

Jewell: Yes. Absolutely. And I use it to remind myself too that I don't have to control everything.

Aubree: Mmhmm.

Jewell: Yeah. That's a really great point.

Aubree: So do you have a simple exercise you can share to help ladies when they may be feeling that anxiety?

Jewell: Yes. Absolutely. And any time, there's like a normal tapping sequence, but you don't have to get all into that. Just pick a point, and if you're in some place public, where you might feel self-conscious just tapping on the top of your head, or on your forehead. You can simply tap on the karate chop portion of your hand. Like if you were, imagine you're in some Kung Fu movie and you were to take your hand and slice a block of wood like cha. That heel of your palm is called the karate chop point. So you simply tap on the karate chop point and I'm doing it even though we're on a podcast. (Laughs).

So, you tap on the karate chop point and you say, "I'm feeling really nervous right now, or whatever, whatever feeling you're feeling. Like, I'm feeling really anxious. I have so much to do. I'm not where I want to be. I'm falling behind in everything, and I haven't even had time to take a freaking bubble bath in seven years, you know, whatever it is you're thinking of. Tap while you think of it, and it doesn't matter which side you do it, and all that matters is that you don't tap too hard. You want to do it nice and gently, and it shouldn't hurt.

And get all the negative feelings out, you know, say exactly how you're feeling, because you wouldn't wax a dirty floor. So, you want to get all the negative off of it before you flip it around. So if you're tapping, say I'm feeling so anxious. I have all this stuff to do. I don't know how I'm going to get it done. All of these people are counting on me, and I just feel like I'm really screwing up right now. I should be better at this. Why is everything so hard?

And that's enough. That's enough, and you just tap until you get all of that out, and if you want. If you have time, you can say, Ok, but I choose to believe that maybe another way is possible. You know, I'd like something else to happen and then you can say, you know, I would like to feel a sense of calm. I would like to not feel so anxious right now. So, even though I'm feeling really anxious, maybe it's possible for me to take a deep breath and understand that this is not the end of the world. Some things may fall through the cracks, but I can handle it, and when it comes down to it, I never let any of the big important things fall through the cracks. So, I know that I can handle this, just like I've handled so many other big things in my life.

And then stop tapping. Take a deep breath in, and release what you're feeling, down into the earth. Let it go. And then breathe in bright golden light up through your feet and exhale and let it go.

And that's just a really simple way and you know like I said you could tap on the karate chop. You can tap on your temple, or on your, like an inch under your

collarbone and honestly I have done full tapping sequences in public when nobody has even noticed, but like if I'm in a meeting or something. If I'm tapping on my karate chop or on my temple, people just think that I'm fidgeting, and it's no big deal. So, I get a big relief and nobody even knows what's going on. So, hopefully that's a tool that you can find useful, and you know, I literally use tapping every day. It can take 30 seconds to do.

Aubree: I was just moving along with you and it was helping me so.

Jewell: Was it? Awesome.

Aubree: Thank you for sharing that with us.

Jewell: My pleasure.

Aubree: So do you switch sides when you tap? Or do you stay just on the one?

Jewell: I switch sides as my arms get tired. (Laughs) Because it doesn't matter what side you do it on. Tapping is so forgiving. There are no known side effects. You could do it either side. I typically do like six to eight taps per spot if I'm changing spots, but there's really no wrong way to do it. Unless you're hurting yourself. If you're tapping too hard that is the only wrong way to do it.

Aubree: Right. (Laughs). Like ahhh I'm getting it out of there!

Jewell: (Laughs). Yeah there's no correlation between how hard you tap and how quickly you clear. (Laughs).

Aubree: Well thank you so much for sharing this with us. Do you have any other words of inspiration for our listeners today or anything that you've learned from this process of releasing your emotions, getting into energy work? Any final thoughts?

Jewell: Yeah. So, the process can be really uncomfortable. Feeling your emotions so that you're processing them and just I guess processing is the best word. Processing and understanding what's going on inside of you is not always comfortable, but what's on the other side is so worth it. So, I just encourage you whatever you're working through, I'm right there with you. I'm feeling, experiencing the discomfort too with my own things, and keep going. You're very brave to not numb out and to work on these issues and it's going to be so worth it.

And here's the other thing. You don't have to wait until you're completely on the other side, because you know we're always growing. We're always changing. You don't have to wait until then to feel some sense of happiness and gratitude and gosh even when I'm feeling kind of blah about issues I'm working through. I look for the simplest thing like thank God I have clean water. You know, look here's something

to grateful for. The world is falling apart, but I have clean water coming out my pipes. You know, so I just encourage you just to stick with it and you're doing great. You don't have to wait for some day to find your happy.

Aubree: Awesome. Well if you are interested in reading more of Jewell's story, I encourage you to pick up a copy of *Women Who Inspire*. In this month of inspiration I'm offering it for 50% off on the web site at peacewithendo.com, plus shipping. So go get your copy there at peacewithendo.com. You can read more of Jewell's story, and the other ladies in the book who are sure to leave you feeling inspired.

Jewell, how can our listeners connect with you further?

Jewell: Well I am on my web site jewellsiebert.com, and it's not spelled how you think. It's J-e-w-e-l-l-S-i-e-b-e-r-t.com. I'm there and from there you can find me on Facebook or YouTube. I have tapping videos on YouTube too.

Aubree: If you enjoyed this episode I invite you to subscribe to continue on the journey. If you want to connect with me further you can find me at peacewithendo.com or on Facebook, Twitter and Instagram at [peacewithendo](http://peacewithendo.com). I hope you find some peace in your day today. Sending you so much love. Bye for now.

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