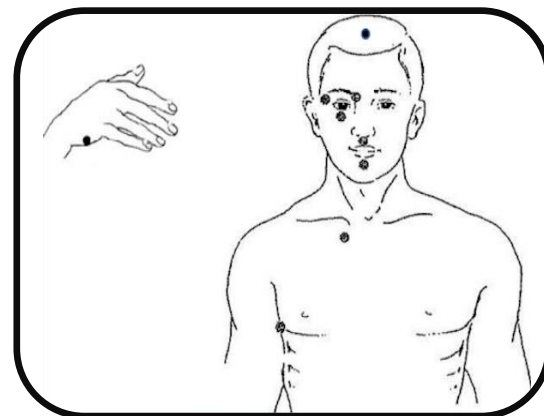




EFT Tapping to Manage Anxiety in Gifted Children

Gifted children's increased curiosity, sensitivity, need for stimulation, and need for depth can cause them to experience symptoms of anxiety that can be debilitating. In addition, gifted students can experience greater social stress including the standards of perfectionism leading to increased anxiety levels compared to their peers.

Emotional Freedom Technique (EFT) is a new innovative technique that involves tapping on different pressure points. Applying this technique has shown to reduce a person's stress level hormone, cortisol, by 24%. Research has shown that this tapping technique is effective for reducing symptoms of anxiety in gifted children.



Anxiety among gifted children can be problematic in a variety of ways
Gifted children can develop separation anxiety and underperform in school and extracurricular activities due to fear of failure caused by their anxiety.

When compared to other traditional therapeutic interventions, in particular CBT, EFT was shown to be just as effective but requiring fewer sessions. Once learned, children can practice EFT by themselves anywhere.

9 Pressure Points:

1. Side of the head
2. Eyebrow
3. Side of the eye
4. Under the eye
5. Under the nose
6. Chin
7. Collarbone
8. Under the arm
9. Top of the head

Resources:

1. https://www.researchgate.net/publication/327846630_Befriending_Anxiety_to_Reach_Potential_Strategies_to_Empower_Our_Gifted_Youth
2. <https://www.eftemotionalhealing.com/gifted-children/>
3. <https://www.davidsongifted.org/gifted-blog/anxiety-sensitivities-and-social-struggles-among-profoundly-gifted-kids/>