



Inger Madsen *Helping families be happy again*

In this tapping we will be releasing the feeling of overwhelm that many parents feel .

As a parent you are constantly juggling. Caring for children means tending their emotional, physical, social, and academic development. All of that translates into a lot of things that have to get done every day. It's also a lot that you have to think about, plan for, and manage. And it goes without saying all of it together can get overwhelming.

Without that stress we feel when we're overwhelmed, most of us can more easily manage what we need to do each day and that's what we'll be focusing on in this tapping meditation, letting go of that parenting stress and overwhelm so you can function at your best and feel your best as you go through your day.

This tapping script is meant to serve as a guide, to get you tapping on this topic, and give you some general language and ideas on how to tap.

If you have never tapped before you may want to watch [this video](#) first.

As always, if the language doesn't apply to you, you can change it to fit your needs. As you tap, notice any ideas, thoughts, impressions, emotions, or specific memories that you can tap on either during this meditation or on your own.

The more specific you can be with your particular experience, what you're feeling exactly, what happened, what you believe, the better your results are going to be.

Let's start by focusing on what you're currently feeling. We will spend a few minutes doing negative or truth tapping. Not to anchor it in, but rather to acknowledge it and to let it go, feeling safe to acknowledge how we feel, to speak the truth about our current experience. It is one of the most powerful things that you can do.

Before we begin tapping, think about how overwhelmed you are, how overwhelmed you feel as a parent. Think about everything you need to do, plan for, and manage – from dinner time to parents' evening.

Or maybe you have a child who is overwhelmed and anxious and clings to you for support. Whatever factors are really amplifying your sense of parenting overwhelm, focus on that now.

When you focus on that general sense of overwhelm give it a number on a scale of zero to ten, with ten being the most overwhelmed you can imagine feeling. If you can, write that number down or simply remember it.

Let's start by taking three deep breaths, feeling safe and grounded in your body, becoming present in this moment in space and time.

We will start by tapping three times on the karate chop point/Side of Hand

Even though I am so overwhelmed right now
There is just so much I need to do as a parent
I deeply and completely love and accept myself

Even though I am really overwhelmed by all the things I have to do.
I love myself and accept how I feel.

Even though I feel so overwhelmed
About all the things I have to do, manage, and plan for my child It is just way too much.
I deeply and completely love and accept myself.

Inside Eyebrow: I am so overwhelmed.
Side of Eye: I just can't handle all of this.
Under Eye: It is too much to do.
Under Nose: I don't think I am up for this.
Under Mouth: But I feel like I should be able to handle this.
Collarbone: It is my child/They are my children.
Under arm: And I love them so much but I'm so overwhelmed right now.
Top of Head: It's never ending.

EB I feel like I never get a break.
SE There is no peace and no time to think.
UE I just can't handle all of this right now.
UN I really need a break.
UM I am so overwhelmed.
CB But maybe that's okay.
UA Maybe I can let myself feel all this overwhelm now.
TH And then start to let it go.

EB Maybe I am putting too much pressure on myself.
SE Maybe I am trying to do too much, too fast.
UE Maybe it is okay if I let myself slow down for a minute.
UN Maybe I can give myself a break, right now.
UM It is safe to let myself relax, right now.
CB It is safe to take a break from everything I need to do.
UA Releasing all this overwhelm, now.
TH Allowing myself to relax and slow down.

EB I can just focus on what is most important.
SE And get as much done as I can.
UE I don't have to worry about getting everything done.
UN I can focus on the most important things, right now.
UM letting all of this overwhelm go now.
CB I can let myself relax, now.
UA Releasing all this overwhelm from every cell in my body, right now.
TH Letting go of all this stress, right now.

EB I can focus on what is most important.
SE And get as much as I can done.
UE I don't need to put all this pressure on myself.
UN It is safe to let myself relax.
UM It is safe to let go of all this overwhelm now.
CB I can relax and enjoy myself.
UA I can feel good and enjoy any chaos.
TH Letting myself relax, feeling strong, confident, and peaceful in my body right now.

Go ahead and take a deep breath and notice what you are feeling now. Check back in on that feeling of overwhelm and give it a number of intensity on a scale of zero to ten.

Was it a ten before and it's an 8, 7, or 6 now? It means it's moving in the right direction.

Any shift is a sign that the work you're doing is working, that you're letting go. That you're resetting your body, mind, and spirit. That you are moving towards that place of calm and confidence. Notice what else came up during that process.

What other emotions, memories, and ideas? Write down anything else that came up and either continue tapping on it now or commit to addressing it in the future.

The more you can release these feelings of being overwhelmed, the more present, grounded, and loving you can be with your child.

In turn, you will often find their behaviour changing in response.

Open up to the possibility of letting go, of feeling calm, confident and able to handle anything that comes your way.