

Empower Grow Transform



Holiday Covid Thrive Guide

Created by Katrina Davis

Holiday Covid Thrive Guide 2020

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Katrina Davis isn't a doctor or mental health provider of any kind. She's a certified tapping practitioner.

Tapping is also called Emotional Freedom Technique (EFT, Tapping) which can be described as a type of energy work. At this time EFT has not been fully researched in western medical, psychological, educational communities and could be considered experimental and the extent of its effectiveness, risks and benefits are not fully known. **With the corona virus around using non-face tapping points is best. Use face points at your own risk.** There are only non-face tapping points in this.

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Holidays can feel like a time to survive and the season can be full of stress, tiredness and obligations. Have you ever thought when the Holidays are done, I will do “x y z” or get back on track and wouldn’t it be fantastic to have more peace and joy during the season?

This guide has a

1. Technique to reduce stress and more
2. A tool to add more relaxation into your life
3. 3 tips to dial down Holiday loneliness

And a bonus tip and a tool about sleep

You can use these to thrive during the Holiday’s.



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1. Holiday Tapping:

- a. Dial down stress and other undesirable emotions during the Holiday's with tapping. When there's less unpleasant feelings more inner peace and joy can show up during the Holiday's
- b. When to Tap is any time, on anything that is bothering you, an uncomfortable feeling (nervous, sad, mad . . .)
- c. Tapping can be done discreetly when you feel uncomfortable or want to get some tapping in. When sitting at a table or as a passenger in a car put hands on your lap tap gently on the karate chop point. The more tapping you do the better you can feel. Look at picture below to see how you can tap incognito.



- d. Review the chart below to get familiar with the protocol and if you want see and do a round of tapping here's a link to [How to Tap](#) (on dialing down the blahs) and here's a short [tapping to dial down stress](#) on KDs Tapping Adventure on YouTube.
- e. The basic tapping recipe on this step by step chart. All you need to do is plug into the blanks a name of issue or feeling and tap the points reading the statements and reminder phrases below out loud.

Tapping is simple and can support and comfort you during the Holiday's and open the door for you to thrive.



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Empower Grow Transform Tapping Chart

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1. Decide on feeling or event name that's bugging you & put it in the ____ (fill in the blank)
2. Rate feeling/event Between 0 – 10. Zero is nothing & ten is the worst it has ever been
3. While tapping gently on side of hand (Karate Chop) say out loud 3 times: Even though I have this ____ (fill in the blank with feeling or event name from step 1) I love & accept myself as I am
4. Tap gently on round points 3-5 times each (see below) & repeat saying out loud: This ____ (fill in the blank with feeling or event name from step 1)
5. Now take 2 deep breaths, drink some water & check in on number if above 2 tap another round starting on top of head saying this remaining ____ number

Karate Chop Point



Side of Hand



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Round & Other Points to tap on (not on face)

Top of head



Collar bone



Under arm



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2. Relaxation

When your body is telling you to relax find the time! Here's a tool to explore ways to build relaxing into your life:

- a. We are often extra busy during the Holidays but it's important to have some special relaxing times of your own.
- b. Think about somethings to do. Here's some suggestions: read a fun book, put your feet up, take 5 deep breaths in and out. Take a few minutes to write down 5 relaxing things you can do for yourself:

Relaxation Ideas	
1	
2	
3	
4	
5	

- c. Add some or all to your calendar, turn on reminders and enjoy the Holiday season even more.

Relaxation can recharge us during the busy Holiday season. Then we have more to give to others and to the extra to do's needing to be done during the Holiday's.



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3. Dialing down loneliness

Holidays are a time when we socialize more but with Covid we need to find new ways to do this. When you're feeling lonely during the Holiday's

- a. Call a friend
- b. Zoom a family member
- c. Look for on line groups to connect with people

Find ways to connect during Covid Holidays.



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Bonus

Good Sleep:

When life gets busy, we skimp on sleep. Don't burn the candle at both ends during the Holiday season it can catch up to you.

- a. It's important to find your best sleep cycle time. I find being in bed (to read) by 9 pm and up no later than 7 am is my best window of rest.
- b. Think about and write down three ways you've noticed helped you get to bed at a good time for you and go to sleep.

Best Ways To Get To Bed & Asleep	
1	
2	
3	
4	
5	

- c. Choose one to do and go for it tonight!

Getting good sleep during the Holidays is a great daily Holiday gift to you!



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Thank you for downloading this guide. I hope the technique, tools and tips guide you create a thriving Holiday season full of peace and joy.

Here's a coupon code for Empower Grow Transform & KD's Adventure: **35% off**
Expires soon

Let's thrive during the Holiday's!



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