

EFT *emotional freedom technique*

NEED A POWERFUL DAILY TOOL FOR STRESS REDUCTION?

☛ **Learn EFT. Experience the positive change.**

- One-on-one
- In a group

Contact Brady Mikusko, an EFT teacher and Life Coach

*Negative emotions arise in our daily lives—feelings such as anger, irritation, embarrassment—and they trigger anxiety and stress, blocking our ability to enjoy life, relax and achieve our goals. EFT (Emotional Freedom Technique) is a **do-it-yourself technique** to release you from the hold of those negative emotions.*

WHEN is EFT helpful?

Immediately. You can try it on anything that's painful or frustrating: work, resentments, cravings, migraines, fear of public speaking, fear of flying, family strife, divorce, chemotherapy, etc. Truly, the list is endless. You can do it almost anytime and anywhere.

HOW do you incorporate EFT into your day?

Do it at the end of the day for 5 minutes. Or do it every day at a specific time like lunchtime, etc. Or use it as self-protection before something difficult, e.g. a tense meeting.



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*Brady Mikusko believes in the power and effectiveness of EFT. She uses it in her own life and has successfully taught **individuals, small groups, and workplace groups**. Contact Brady to find out more because **EFT is a valuable life tool that works!***