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with



EFT Tapping for ME/CFS and Long Covid

About Post-Viral Fatigue Syndromes, ME/CFS and Long Covid

I'm grouping these physical conditions together due to similarities. Chronic Fatigue Syndrome (CFS) is so-named from the predominant symptoms of profound and enduring (albeit fluctuating) fatigue, worsened by exertion to the point of physical malaise. However fatigue is but one of a plethora of physical symptoms that adversely affect the quality of life of those living with the condition, such that many find the label "Chronic Fatigue Syndrome" misleading and choose to use the term Myalgic Encephalomyelitis – quite a mouthful, no wonder it is always referred to as just "ME"! This naming situation has resulted in this disabling long-term physical condition being referred to as CFS/ME or ME/CFS. CFS is an umbrella label, a diagnosis of exclusion where orthodox blood tests revealed no obvious cause for the fatigue and other symptoms, but the symptoms nevertheless are very real and genuine. It is a syndrome that usually evolves after the body fights a virus, although not always – there are some cases of onset apparently subsequent to vaccination, surgery or trauma. It is thus also referred to as PVFS, Post Viral Fatigue Syndrome. With the Epstein Barr virus that causes Glandular Fever, around 10% of people who suffer glandular fever go on to develop ME/CFS. Interestingly, similar figures ranging from 7 to 10% have been suggested for people with Covid 19 who go on to develop Long Covid. The similarity in symptoms described by people with ME/CFS and with Long Covid, particularly the hallmark post-exertional malaise with protracted recovery, would suggest a comparable aetiology. In other words:- many different labels for post viral fatigue syndromes.

There is much that you can do with EFT to help. EFT tapping is a stress reduction technique, proven to reduce levels of the stress hormone cortisol. Why would this be relevant? – There is much debate around ME/CFS, but one generally recognised concept is that it often evolves as a sequel to multiple stressors on the individual, such as, for example, viral infection, injury, surgery, trauma, vaccination, work pressure, sports training, family or relationship problems, lack of sleep, financial worries, bereavement, poor diet, environmental toxins. The list of stressors that we cope with is almost endless. Ultimately, there will be a stressor combination that becomes the proverbial straw that breaks the camel's back and tips someone into ME/CFS. Often this will be a virus or other infection that takes the blame, but it is important to understand that this is a complex condition and it is necessary to look beyond any single cause or single solution. EFT can be part of the healing approach. It is often necessary also to attend to various lifestyle issues, diet and nutritional status, allergies and sensitivities, the gut microbiome and any signs of gut permeability (leaky gut).

There are a number of possible approaches with EFT. I list five key areas here, but, as with any complex condition, there will be others. These five at least provide a starting point.

1. The principles of **being specific** and **being persistent**
2. Tapping for specific symptoms
3. Tapping to minimise ongoing stress and stressors
4. Tapping to remove the emotional charge from any originating trauma
5. Tapping for nurture – to create more capacity for self-healing.

1. Being Specific and Persistent

These principles are at the core of all success for EFT if you have learned EFT, you may already be aware of this so it is mentioned here for re-emphasis, it is so important to remember this

“For results that are terrific, you’ll want to be specific”

Before addressing the details of each, it is assumed that you already know EFT or have basic EFT tapping procedure instructions. If not these are available from my website <https://eftdevon.co.uk/eftarticles/the-ef-procedure> or from

EFT International <https://eftinternational.org/eft-training/eft-tapping-support-resources-covid-19-coronavirus/>

Being Specific

The reason you need to be specific is that the tapping works to calm emotional intensity around a problem, when you are really tuned into that problem. So make the words you use in your setup statement really meaningful to yourself. Ask yourself, exactly how does this feel for me? And say exactly what you feel – it's your own meaningful words that are so important. So, for example, if you are anxious about keeping a medical appointment, tune in and notice where in your body you feel this and why, and precisely how it feels. Then, rather than a broad, global setup statement such as, "even though I feel anxious, I deeply and completely accept myself", you may end up with something like:

"Even though I feel this fear and anxiety of not being able to get to the appointment on time and say what I need and be heard and I feel it in my chest like tightness right across the top of my chest going into my throat, I deeply and completely accept myself."

Then for the reminder phrases that you say at each of the tapping points, repeat the various specific details, as an example:

EB: this fear
SE: it's in my chest
UE: right across the top
N: it goes into my throat
C: I won't have enough energy to get there on time
CB: I'll miss the appointment
UA: they won't understand me
ToH: all this fear and anxiety

These are just examples, so that you can see what I mean by being precise, specific and detailed. You don't have to worry about getting the words right; just say what comes into your head about specifically how you feel, what your worries are, etc. It must be in your own words, your own words are very important. It is taking the time to find these words that enables you to get really clear about what the issue is and to tune into it ready for the tapping to reduce the intensity around it. It can even get you so focused on the problem that you initially feel worse. If this happens, don't worry, just be sure to stay

with the feeling and keep tapping around all the points; go round again and again if necessary until you start to feel calmer. It is really important at this point to keep tapping and definitely not to stop because of any fear around making yourself feel worse. You can trust that the tapping will calm the intensity.

By the end of the tapping round you should feel less anxious. Tune in again to exactly what is left of this fear and make a new specific setup statement for the next round of tapping.

Be sure to use the 0-10 SUD scale to score the intensity when you first tune into a problem and again after each round of tapping.

Being persistent

Be prepared to do more than one round of tapping ...

- Keep doing subsequent specific tapping rounds (as described above) until your score is zero or very close to zero.
- For a long-term condition, it is also incredibly important to persist over time; make tapping part of your routine; tap daily; for some major issues just keep tapping on them even if there are times when you don't appear to be getting any results. **Gentle** persistence over time will be rewarded – but don't force or push yourself to do it. **Gentle** is the operative word.

2. Tapping for Specific Symptoms

Conditions such as ME/CFS involve multiple symptoms, each of which interacting in vicious circles to worsen others, also creating fear and hopelessness in the process. To tackle this you need to chunk it down. Take one specific symptom or feeling at a time. Tune into it and any related emotions. Deal with each specific aspect of it separately. Ask yourself exactly what is it about the symptom that is the problem? How does it make you feel? Where is the pain? What are the losses associated with the symptom? Use these details to formulate your setup statements, staying specific, always tuning into exactly how it feels for you, what it means to you. Use your own

best words. Take one thing at a time, go gently, expect results over time, not necessarily immediately. If you get exhausted, leave it and come back to it when you feel a bit better. You may get some instant relief with one specific symptom; it may or may not hold; come back to it again; repeat, repeat, repeat. Gentle persistence over time is key.

And remember, you can tap for physical as well as emotional symptoms too. Just apply the same formula described in “Being Specific” above – tune into the physical pain and describe exactly how it feels in your own words. It is your own specific words that are important, so I’m not providing examples or script here – you can work out your own words. Never worry about getting your words wrong; it is simply your truth, your words – if you have come up with them they can’t be wrong. If you complete a round of tapping and find the pain has moved, just start again with new words that describe how the pain has changed and what it feels like now.

3. Tapping to Minimise Stress

Working from the principal that ME/CFS often follows a period of adverse influence from multiple stressors, it stands to reason that a great stress management tool like EFT will help. UK NHS specialist treatment for ME/CFS consists of advice on lifestyle and pacing, symptom and activity level management, sleep hygiene advice and gentle rehabilitation. Naturopathic or functional medical approaches involve this too, plus dietary adjustments and sometimes nutritional supplements.

If we consider the main treatment approach, **Pacing**, this involves finding and establishing the baseline activity you can comfortably manage without feeling fatigued and unwell, before very gradually building from the baseline. You are encouraged to think of your energy as a commodity kept in the bank and you need always to maintain a daily positive bank balance – never allow supply to exhaust to zero. Unfortunately, so many daily activities require a withdrawal from the energy bank and it doesn’t replenish quickly enough, so how do we use EFT tapping to help minimise energy expenditure?

We use energy for three types of activity: physical, mental and emotional. Of these, the greatest amount of energy is drained by emotional activity, usually in response to negative emotions such as worry, fear, guilt, shame, fear of or hurt from judgement by others, sadness and loss, sense of inadequacy – there’s a long list that goes on! Thoughts and emotions can keep going round in your head, draining your energy reserves. As soon as you become aware of something like this going on, you can use EFT to intervene. Whatever challenge you have in your life, use EFT tapping to make it easier and save some energy. As always, take a moment to sit with the emotional problem, ask yourself where it stems from, exactly what it means to you specifically, how it feels, where you feel it. Chunk it down into its various aspects then take one aspect at a time, describe it specifically and use your words to formulate your setup statement and reminder phrases (as in the example in section 1 on being specific):

“even though I feel (*insert your own specific description for how you feel*), I deeply and completely accept myself”

Remember to score the intensity of the feeling on the 0-10 scale before you start tapping and again at the end of the tapping round. To keep reducing your score, keep repeating the process; after each round of tapping check for any changes and incorporate them in new specific words for your next round of tapping.

If this all sounds a little confusing or overwhelming as you read this, it is a good idea to book a couple of sessions with an EFT Practitioner or Trainer to get you started. You can find a list of accredited practitioners trained to high standards in EFT tapping at EFT international <https://eftinternational.org/discover-eft-tapping/find-eft-practitioners/>. Please also check that the practitioner you choose has some understanding of ME/CFS / PVFS; at the very least the practitioner should be aware of the content in this handout and understand the concept of Pacing.

4. Tapping to Remove the Emotional Charge from Any Originating Trauma

It is often extremely beneficial to tap on memories from bothersome or traumatic past specific events, particularly where these immediately predate the onset of a serious long-term condition, especially if you have an intuitive

sense that the extent to which these events stressed you has a bearing on your current situation.

How to tap to clear such emotional charges within past bothersome or traumatic events from your nervous system is beyond the scope of this handout. I would strongly advise you to book some sessions with an accredited practitioner for this type of work. If you have gone through serious trauma, also check that the practitioner you choose to work with feels confident that it is within their scope of practice to help you with this, as well as having some knowledge and understanding of ME/CFS. You will find suitably qualified Accredited Advanced Practitioners also at EFT International.

<https://eftinternational.org/discover-eft-tapping/find-eft-practitioners/>

5. Tapping for Nurture – Create More Capacity for Self Healing

The Principles

- EFT Founder, Gary Craig, emphasised how essential it is to reach a state of love and forgiveness for healing to occur.
- Also important is to remember that as human beings, we are each a miracle of nature. Our body/mind is intent on survival, programmed and designed to heal itself. The problem is just that sometimes things can get in the way of that, so what we're looking to do is to find and remove those blocks and get ourselves back on the self-healing path.

So where might be your blocks to healing?

If there are complexities, or you feel unsure where to start with this, do consider working with an accredited EFT Practitioner. There are many possibilities to explore but here are some common principles to get you started. How close can you come to love and forgiveness? - in the first instance of yourself, then apply love and forgiveness to others.

Self-healing – what can get in the way and how to tap for it

Does it feel like your body is letting you down? Are you cross or frustrated with it? How do you think the cross and frustrated vibe affects it? How do you

perform for someone who is always cross with you, is strict with you or a hard task driver and you sense doesn't believe in you or is negative towards you? Now consider how you perform for someone who loves and believes in you and always encourages you and expresses gratitude for whatever you can do. Which of these applies to your attitude to your own body? Which would you want to apply? Which will create and nurture a loving healing space?

If you've answered these questions, does this now mean you have some feelings about your body to tap for? As always, be specific, think about exactly how you personally feel and use your own words, but they might be something like this (just as an example, but remember to make up your own words):

“Even though I'm so fed up with you, body, for always feeling so tired/stopping me from having the energy to work, I know you're doing your best, body, and I love accept and forgive myself.”

Reminder phrases as you tap around the points:

EB: I am always so tired

SE: I'm so fed up with this

UE: useless body!

N: why can't it get well?

C: body, I know you're trying – what help do you need?

CB: I'm listening, I'll look after you now

UA: please forgive me if I have pushed too hard; I didn't know

This is but one example of language you could use for tapping to have a conversation with your body. You can be as creative as you like. It is a huge topic area to explore. This example is included here just to open up possibilities to think about. Every little helps when you are dealing with a complex and persistent condition. Make tapping part of your tool box and use it intelligently together with all the other tools available to you, including medication where appropriate.

Basically, aim always to be kind to yourself; show compassion in the face of limitation; forgive yourself. Appreciate your strength and all positives. Remember the phrase, “this too shall pass” – even if it sometimes takes a while and a lot of patience. Use time when you are resting within your pacing programme to take joy from any small pleasures or blessings that may be

available to you such as watching birds, wondering at nature, stroking a pet. If the negatives keep intruding, with gentle persistence keep tapping them down. Keep your focus on what you want more of.

Think for a moment about the default tapping setup statement, “even though..., I deeply and completely accept myself”. Do you accept yourself or is it something to work towards, something you just say or repeat? Can you intensify this statement to honestly say, “I deeply love, accept and forgive myself and others involved”? No? Then there will be more that you can tap for in order to reach the point where you *can* say this. In the meantime, given the importance we mentioned of using your own words, you might like to adjust the second half of the setup statements you use. Here are some possible options. Choose those that resonate with you and/or make up your own along the same lines.

I accept myself just as I am.

I accept that I feel this way / I accept myself with this feeling.

I’m okay.

I choose to feel calm / I choose to feel peace.

I choose to let this be easy.

I’m open to the possibility that I am ready to heal.

I honour and respect myself.

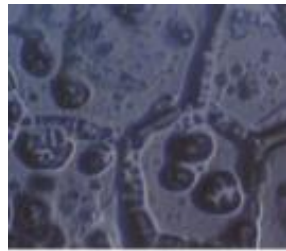
The possibilities are endless. Your setup statement will work best in your own words, where the second half of the statement describes the closest you can come to a high (aspirational) level of self-acceptance, self-compassion, acknowledgement that it is okay to just be, however things are, because even if things aren’t so good we are doing our best, we are just being with them in this moment, being in the present because that is how it actually is right now for us. If we fail to accept our own truth of how things are, then we are using up energy denying it and fighting it. The fight creates an energy that holds it to us – you will have heard of the maxim, “what you resist persists”. Accepting something less than what we are happy with as it is in the moment doesn’t mean we can’t have great intentions for things to change as we move forward. It just helps us to fully acknowledge it in preparation to let go of it.

Should you have any doubts about the value of tapping for self-love and compassion, consider Matsuro Emoto’s photos of water at the point of

crystallisation. Different crystals formed according to the container the water had been held in and the words written on the container.



Thank you



You fool

Which of these words would you rather be saying to yourself and your body?



Apples have a similar water content to the human body. Many people have repeated this apple experiment: cut an apple in half. Put one half in a sealed jar labelled “love” and the other half in a sealed jar labelled “hate”. For one week, every day some something kind to the apple half in the jar labelled “love” and say something hateful

or disrespectful to the apple half in the jar labelled “hate”. These pictures show what you are likely to find at the end of the week.

So help yourself to heal and stay well by paying attention to your thoughts about yourself and how you treat yourself. Give yourself a chance. You deserve kindness, compassion and space in which to heal. Ignore judgements from others. Recovery is possible as part of a holistic programme that you will gradually get in place through trial and error, often two steps forward, one step back; just be persistent. Be your own expert. Take what other experts say and trust that you will use the bits that are right for you. Every person is an individual so there is no one-size-fits-all solution to long term conditions such as ME/CFS and auto-immune conditions. Be the master of your own healing. Enjoy the process and keep growing as you participate in life’s many adventures and journeys, tapping when and where you need.

Go gently; the tortoise can win the race too!

*With love,
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Please note:

EFT should not be used in place of conventional medical care. Always consult your GP or other relevant medical practitioner for medical attention and advice. Clients have found EFT useful as complementary to any conventional medical treatment.

The information provided herein is educational in nature, provided as general information and not intended to treat any medical condition. In applying EFT as described herein you undertake to take responsibility for your own emotional wellbeing.

The author is an EFT Coach, Educator and Energy Medicine Practitioner, not medically qualified or licensed as a medical or mental health practitioner.