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The Wellness Column



TAPPING INTO CHANGE

Sometimes we know perfectly well what we need to do, yet somehow struggle to do it. An opportunity appears, an idea takes shape, and familiar doubts begin to creep in. We overthink, postpone or react – and then find ourselves repeating a pattern we thought we had left behind.

As someone who has spent years running businesses and exploring new ideas, I was curious about a practice that aims to address the feelings beneath any blockages or negative patterns. Could EFT tapping help loosen something that thinking it through had not quite resolved?

That curiosity brought me to a session with Mallorca-based EFT practitioner and coach Carys Andersson.

EFT stands for **Emotional Freedom Technique**. Often simply called tapping, it involves gently tapping specific points on your own face and upper body while focusing on a particular feeling, concern or memory. It combines ideas drawn from traditional Chinese acupressure with psychological elements, including acknowledging distress and approaching it with greater self-acceptance.

It can look rather unusual. But what interested me was the possibility of overcoming an issue that you possibly weren't even aware you had in the first place – apart from feeling stuck or that things weren't quite working out, either at work or in a relationship.



From burnout to a different approach

Carys's introduction to EFT grew out of her work in fitness and coaching. A former professional dancer, she moved to Mallorca in 2017 and built a business incorporating personal training, a fitness app and mindset programmes.

Alongside that success, she was raising two young children (since her husband was away on business much of the time) and putting herself under increasing pressure to keep everything going. By early 2023, she describes experiencing severe anxiety and burnout.

Her interest in EFT initially concerned helping clients understand the emotional patterns behind eating habits and behaviour change.

As she trained, however, it started to become an important part of her own recovery.

Today, her work focuses on business owners and the personal pressures that can accompany professional ambition.

"Running a business is really hard," she says. People concentrate on juggling everything in the business including marketing, sales, branding, as well as the day to day work – but "at the heart of it is a human being".

That observation resonated. A business plan rarely accounts for the fear left by a difficult partnership, the need to prove ourselves or the emotional strain of keeping everything afloat.

Carys aims to help clients explore those responses and reduce their emotional intensity. As she explains it, the intention is not to change what happened in the past, but how someone responds to it now.

What happens during a session?

We began with breathing and visualisation. Carys guided me into a deep relaxed state where we are no longer in the thinking mind.

Once I felt deeply relaxed, she asked what I needed to let go of to move forwards, inviting me to notice any feelings, sensations or experiences that came to mind.

A familiar pattern from my life emerged. I will keep the details private, but it gave us a clear focus for the session.

She then asked me to rate the emotional intensity from zero to ten. At that point, it felt like an eight.

In EFT, this rating is called the SUDS score – Subjective Unit Of Distress, which provides a personal reference point. It is a subjective check on how distressing the issue feels.

The next stage involves acknowledging the concern while introducing an accepting response towards yourself. A typical phrase might be: "Even though I feel anxious about this, I accept how I'm feeling right now."

What appealed to me was the permission to acknowledge an uncomfortable emotion without immediately trying to dismiss it or replace it with something positive.

As Carys put it, if someone has upset you, telling yourself to forgive them may do little if you still feel angry. Her approach begins by giving that feeling some space.

Following her guidance, I tapped on points around the eyebrows, beside and beneath the eyes, beneath the nose, on the chin, around the collarbone, beneath the arm and on the top of the head. The side of the hand is also used in the setup.

Throughout, we stayed with the issue, using words and phrases to describe what was coming up.

What does the research suggest?

EFT has attracted a growing body of research, including randomised controlled trials and systematic reviews investigating stress, anxiety, depression and PTSD.

A recent review of 17 randomised trials found large reductions in psychological stress and improvements in physiological stress measures. A separate 2025 review of anxiety research also reported encouraging results, compared with receiving no intervention. **These findings give tapping a credible basis.**

Research into PTSD has reported benefits too. **A 2025 meta-analysis involving 621 participants found reductions in PTSD symptoms**, with improvements sustained for up to three months.

How did I feel afterwards?

At the end, Carys asked me to rate the intensity again. My eight had become a three.

The issue had not disappeared, but it felt less charged. Afterwards, I felt calm, yet surprisingly tired, a feeling I personally associate with having experienced a meaningful shift during a treatment.

A week on, I have noticed a welcome boost in creativity and enthusiasm as I develop new ideas for my MallorcaWellnessLiving.com website. "But can you scientifically prove the session was responsible?" I can almost hear my ever-sceptical best friend Hamish asking. No, Hamish, I can't. But the difference I have felt has given me confidence in its value for me.

My experience finds echoes in the testimonials Carys has received. One client, who booked a session before co-facilitating an important leadership workshop, described struggling to find her voice:

"The session with her was incredibly effective, we got to the root of my block and cleared it and within days I felt confident speaking freely again. I went into the two-day workshop with ease, as if the issue had never existed."

What stayed with me was the experience of approaching a familiar difficulty with less judgement, and allowing space to explore feelings beneath the surface that I might otherwise have overlooked.

Perhaps a little tapping can help us move forwards with a lighter heart and a renewed sense of possibility.

Carys also offers group and online sessions. Find out more about Carys's work at carysandersson.com.

Amanda J Butler is the founder of MallorcaWellnessLiving.com, writing about the island's evolving culture of wellness, lifestyle and conscious living. Read the expanded article and discover more at www.mallorcawellnessliving.com or follow IG @amandabmallorca and @mallorcawellnessliving.

Could gently tapping on your face and body help ease emotional stress? I was curious to find out more from Mallorca-based EFT practitioner Carys Andersson about this form of holistic practice.