Potty Talk + Mind-Body-Spirit

Simple, body-based tools to help manage potty problems

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Emotions and Digestion: The Gut-Brain Axis

• Emotions affect digestion
  • Psychological and social factors influence motility and digestive function, perception of symptoms, and healthy or unhealthy behaviors.
  • According to Harvard Health, multiple studies show that psychological approaches to anxiety, depression, and stress reduction lead to greater improvement in digestive symptoms in people with chronic digestive problems.

• The digestive tract affects emotions
  • Pain affects mood and behavior.
  • On the molecular level, and the gut microbiome is known to affect psychological functioning.
    • For example, most serotonin, the chemical linked to depression, is produced in the gut.

• A 2018 study in Frontiers outlines the ways chemo-induced gut-brain axis dysregulation affects digestion, mood, and neurological symptoms.
Breathing into Balance
Breathing into Balance

Cross your arms over your chest

  • First set: Place the tips of the fingers on the collarbone.
  • Second set: Make a loose fist and place the knuckles (middle joint) on the collarbone.

1. Take a full deep breath (inhale and exhale all the way)
2. Inhale halfway and hold
3. Inhale all the way and hold
4. Exhale halfway and hold
5. Exhale all the way and hold
6. Take a full, normal breath

More exercises like this are available at r4r.energypsych.org
The meridian points and related emotions

Acupressure treatment points – the details
Meridian Points
### Meridian Points and Related Emotions

<table>
<thead>
<tr>
<th>Location</th>
<th>Meridian</th>
<th>Related Emotions</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>GV</strong> Above the mouth</td>
<td>The Governing Vessel</td>
<td>Self-esteem; future</td>
</tr>
<tr>
<td><strong>CV</strong> Below the mouth</td>
<td>the Central Vessel</td>
<td>Shame; new projects</td>
</tr>
<tr>
<td><strong>BL</strong> Inside eyebrow corner</td>
<td>Bladder</td>
<td>Trauma, irritation</td>
</tr>
<tr>
<td><strong>GB</strong> Outside corner of the eye</td>
<td>Gallbladder</td>
<td>Rage, fury, wrath</td>
</tr>
<tr>
<td><strong>ST</strong> Under the eye</td>
<td>Stomach</td>
<td>Fear, anxiety</td>
</tr>
<tr>
<td><strong>KI</strong> Just below the collarbone notches</td>
<td>Kidney</td>
<td>Anxiety</td>
</tr>
<tr>
<td><strong>SP</strong> Under the armpits</td>
<td>Spleen</td>
<td>Worry</td>
</tr>
<tr>
<td><strong>LV</strong> Bottom rib, under nipple</td>
<td>Liver</td>
<td>Anger</td>
</tr>
<tr>
<td><strong>LU</strong> Thumb</td>
<td>Lung</td>
<td>Grief</td>
</tr>
<tr>
<td><strong>LI</strong> Index finger</td>
<td>Large intestine</td>
<td>Guilt</td>
</tr>
<tr>
<td><strong>PC</strong> Middle Finger</td>
<td>Pericardium</td>
<td>Life flow; sex</td>
</tr>
<tr>
<td><strong>HT</strong> Pinky Finger</td>
<td>Heart</td>
<td>Anger specific issue</td>
</tr>
<tr>
<td><strong>SI</strong> Outside edge of the hand</td>
<td>Small intestine</td>
<td>Vulnerability, sadness</td>
</tr>
<tr>
<td><strong>3W</strong> Back of the hand</td>
<td>Triple warmer/thyroid</td>
<td>Pain, depression</td>
</tr>
</tbody>
</table>
EFT Tapping

The mind-body tool everyone is talking about
(Because we are starting an EFT online tapping group tomorrow!)
EFT to relieve nausea

- EFT founder Gary Craig posted this example on his website, and EFT researcher Dawson Church shares this story on his.

- There are several testimonials about using EFT for diarrhea, including this one from the UK.

- These stories are especially interesting because the people had symptoms because of known physiological causes (food poisoning, dizziness, and Crohn’s disease) yet all their symptoms cleared after some serious EFT tapping.
EFT basics: The “basic recipe”

- Tap on the side of the hand while repeating
  - A setup statement (e.g., even though I feel really nauseous) and
  - An affirmation (e.g., I deeply and completely love and accept myself)
- Then tap the points, focusing on the problem (e.g., nausea)
  - Top of the head
  - Eyebrow corner (BL)
  - Outside eye (GB)
  - Under eye (ST)
  - Under nose (GV)
  - Under mouth (CV)
  - Under collar bones (KI)
  - Under arms (SP)
EFT Part 2: The finger points

Add the finger points after a basic round of EFT tapping:

• Tap the corner of the nail beds
  • Thumb (LU)
  • Index finger (LI)
  • Middle finger (PC)
  • Pinky finger (HT)

• Then tap the back of the hand (3W) while doing the 9-gamut (see next page)
EFT Part 3: Nine Gamut

While tapping on the back of the hand (3W) do the following:

1. Close eyes
2. Open eyes
3. Look down to one side
4. Look down to other side
5. Roll eyes in large clockwise circle
6. Roll eyes in large counter-clockwise circle
7. Hum a tune
8. Count to five
9. Hum a tune