

“Nutrition for the Mind: How Meditation Helps to Manage Stress and Improve Health”

Webinar Questions Answered by Jill Wener, MD

Please note that these are brief answers to complex questions and are not meant as medical advice. Please seek medical advice from your personal healthcare professional for more complete information.

- Is your REST technique online course geared to medical professionals or the lay public?

I have 2 versions- the original version is geared towards medical professionals specifically (that's the CME-accredited version linked in the presentation), and then I created another version for the lay public. They are both available at www.theresttechnique.com.

- How does EFT differ from EMDR?

I am not an expert in EMDR so I can't speak about this in great detail. My understanding is that they are similar in that they both work on trauma from a somatic lens, recognizing that trauma lives in our bodies and healing trauma can be facilitated by accessing the body as well as the mind. EMDR is always facilitated by a trained mental health professional, whereas EFT can be used in several different spaces and capacities, including by oneself. I think also, from what I have heard, EMDR can be very intense and has the potential to be even more activating/traumatic if not done by a skilled professional. And finally, from my understanding, EMDR is solely used for trauma, and EFT has a wide range of applications including, but not limited to, trauma. (And of course, for anyone using EFT for trauma specifically, I'd always recommend working with a trained EFT practitioner and not 'going it alone' for such an important issue)

- For the Box Breath technique, does it matter if you breathe through your nose or mouth?

Either works! Some people like to breathe in through the nose and out through the mouth, but I think whatever you find most relaxing is what's most important.

- Are you familiar with HATCH? A device with guided meditations. I have been using this at night and love it.

I'm not familiar with HATCH, but it's great to hear you're enjoying it! I always say that I love all things meditation- if a tool works for an individual person, I always advise them to stick with what works unless they really want to explore something different.

- How long do you tap the areas of the body, and are some better at certain things, i.e., relaxation, reducing anxiety, etc.

We want to tap 5-7 times on each tapping point; generally, by the time we say out loud whatever it is that we're processing/ working on, there has been enough time for 5-7 taps. While each of the tapping points do officially have different emotions associated with them, we pretty much always go through the whole sequence of tapping points when we tap. A lot of times what will happen is someone will start tapping on some sadness (or any other emotion), and then another emotion will pop up as they're tapping. That's why it can be helpful to go through all the tapping points regardless of the initial emotion a person is feeling, because there can often be other emotions beneath the surface.

- Would you please go over the key practical guidance resources for where to start with short tapping practices that have the best efficacy for decreasing stress?

There are tons of resources out there- both free and paid. You can always google or search on YouTube anything you'd like to tap on, e.g., "tapping for decreasing stress" or "tapping for anxiety". Also, the company 'The Tapping Solution' has a book and an app that you can check out. I can't vouch for all the free content out there, but The Tapping Solution resources are reputable.

I also offer a 'how to create your own tapping sequence' online intro course, and I also have some other tapping programs that offer guided tapping meditations that help with specific topics. You can email me jill@jillwener.com if you have questions about my resources or other resources, and www.theresttechnique.com will give you access to all of my online offerings- tapping and meditation.

- What are your thoughts on acupuncture mats? Are these beneficial for stress resiliency?

I don't know a lot about them or how they are used, so unfortunately, I don't think I can give you an informed opinion on those!