



# From Burnout to Burning Bright: How to Use Tapping to Feel Calm, Balanced and In Control Regardless of Outside Circumstances

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## Let's Talk About Burnout!

There are a lot of people that have struggled with burnout (myself included!) and not known what it was and not been able to have tools and resources like EFT to give themselves permission to say huh, I actually might not need to be living in this way. I might not need to keep going in this way.

I know for some people you may say, "There is a lot of pressure in my job, and I have to perform, and I'm scared that if I don't have this stress and this pushing and this anxiety that I just won't be able to perform at a high level."

I hear you, and I completely understand. My career started on Capitol Hill in the United States Senate, which is very, very much a high-pressure job. And it transitioned from living in Washington D.C. to living in Los Angeles, working as a communications director. I was in charge of crisis PR, of all things, for a Fortune 500 healthcare company. Traveling every week, a lot of physical stress on the body, and a lot of mental stress because of deadlines and because we were working with the CEO and the C-suite, and I have stepsons that I have been raising.

## What I would say is, are you tired of it? Are you ready for a change?

Because really, that's what it comes down to. If you are really done with the patterns and the behaviors that have been bringing on these feelings of anxiety and these feelings of stress that lead to the feeling of burnout, and if you're really ready to make some of these changes, you will see that it's not about changing how much you get done in a day. In fact, you'll get more done in a day. It's about changing the way that you approach everything that is on your plate.

I always equate tapping to sort of this idea of it's like self-acupuncture, to move the chi of the body. In normal sessions, I like to close with Reiki so that you're moving the mental energy while you're doing the physical tapping. Then we bring in the energetics by allowing time to



integrate the shifts that have just happened in your mental space, and also in your physical body, by allowing the sort of spiritual body to come in and release those energies that are no longer serving. And really, bring in a new awareness, a new consciousness, a new vibration, if you will, to the energetics of the body so that things can start to harmonize and balance can start to be made.

### **A Tapping Experience: Morning Routine**

List a few words to accentuate what you're going to be tapping on today. When starting your day, what feelings/words/emotions come up?:

(Jessica's words were tired, nervous, lack of control)

Before we begin tapping, measure your initial intensity rating on a scale of 0-10: \_\_\_\_

A scale of 0 indicates that there is no intensity of the word(s) you listed above, 10 meaning you're feeling the highest level of that intensity. We will revisit this after a round of Tapping.

Start tapping on the karate chop point, making sure that you are really making contact, not hurting yourself, but just a little bit of that contact so you really feel the impact of the connection.

When you're ready, let's take a nice deep breath into the belly, big, filling up. Open your mouth, big exhale, sigh it out, beautiful. Take three more, just like that, on your own. Feel the rhythm of your own breath, and then really allow your shoulders and your body to empty out as you exhale. Again, inhale, bring it all into the belly as you fill up, shoulders relaxed, and open your mouth, exhale. Even let your jaw relax, one more time. One more time, hold the breath at the top, fill up air into the whole body, let everything receive this breath, and empty it out. Find the rhythm of your own breath. Let it be calm, let it have balance, very minimal effort here. When you're ready, please repeat after me.



Side of Hand Even though I wake up and feel stressed  
And I get overwhelmed thinking about my day  
I deeply and profoundly  
Choose to love and trust myself  
Even though I get overwhelmed  
And I have so many things to do  
And it makes me exhausted thinking about it  
I deeply and profoundly  
Choose to receive this day  
And all it has to offer me  
Even though I wake up feeling tired  
And my body wants more rest  
I deeply and profoundly  
Accept that this day  
Will recharge me  
And I will give myself space to care for my body

Eyebrow I get overwhelmed when I wake up  
Side of Eye I feel burned out before I've began  
Under Eye It has been too long feeling this way  
Under Nose So I'm here to make some changes today  
Under Mouth I choose to trust my body  
Collarbone I choose to trust its signals and its needs  
Under arm I choose to give myself space and time today  
Top of Head I choose to receive this day

EB I choose to make some new choices today  
SE I choose things that serve me and my wellbeing  
UE I have no idea what this day has in store  
UN I choose to see the excitement and opportunities of this day  
UM I choose to receive my beating heart and my breathing breath  
CB I am here to make new choices  
UA No more needless suffering  
TH That's so silly anyways



EB     So I choose to see with new eyes  
SE     All of the things that are here for me today  
UE     And I choose to give myself space and time  
UN     To make new choices  
UM     And to have new opportunities today  
CB     Because there is no need for me to suffer  
UA     I just have to see with new eyes  
TH     So I choose to see me  
       I choose to see me with new eyes  
       I choose to see this day in a new way  
       And I have everything I need  
       To make this a great day

Release your hand and take a deep breath in. Open your mouth, big exhale, let it go. Two more breaths, just close your eyes and place your hands on your heart. Allow the energy that has shifted here to just dissolve and release, easy, easy with your exhale breath. Begin to feel an energy of light coming from the backs of your hands, and through your palms, into your heart space. Let yourself fill up with this light. Let it beam into your heart, and then travel out into every cell, muscle, bone, fiber, thought, inside of your body.

Your mind is inside of your physical body. Shifting the mental space, it begins to open up new opportunity and space for the body, space to see and feel and experience the world and your day differently. Just feel and receive and open to this light. Commit to one act, one act of self-love, just for you, today. Take a deep breath in. Seal it into the body, exhale, allow yourself to open your eyes whenever you're ready.

Now give yourself an intensity rating again after Tapping on a scale of 0-10: \_\_\_\_

### **Reiki's Connection to Tapping & its Role in Healing**

Reiki is a Japanese healing modality. When I explain Reiki, I'll use Chinese acupuncture as a really good connection point for people, because most people know what acupuncture is even if they've never tried it. They're aware of what it is. And the same way with Reiki, the KI of Reiki is talking about the chi of Chinese medicine. So the 'ki' of Reiki is the same as the chi in Chinese energy. So that Chinese metaphysics of the life force energy within us. Then the Rei is really talking about sort of the universal consciousness. So the harmony of those two words together is about bringing in that light force energy and that universal consciousness, that spiritual energy, God's energy, whatever you want to call it, and bringing those two



together into whoever is the recipient.

I also like to tell people though that you don't have to get certified in order to start doing Reiki on yourself, meaning you can tap into this essence right here and now. There is no teacher out there that "gives you" the Reiki, you have it inside of you already. When I teach workshops around the world, I teach people in an experience how to do the Reiki on themselves right away so that they don't give themselves the ego's excuse that they don't have anything to heal and to help themselves.

### **When do we switch to the positive?**

Most of what I do is really intuitive. I don't write things down before I do tapping, even when I'm doing group workshops and everything. My biggest advice for people is to really tune into yourself. If you're somebody who does really well seeing words written down, then I would say connecting with yourself for 60 seconds to 2 minutes prior to tapping, and really writing out what's coming up for you, what you're feeling, so that you know you can tap and speak it through. And if you're somebody who is more kinetic and you feel things more, then I would say just allow yourself to take some pauses and some breaths where you can just tap for a while on the side of your hand, to really connect to any other feelings that are coming up. Then if you're a visual person, just look for some of those images to see if there's anything else that needs tapping before you start to move into the positive.

People pull up priorities. The truth is, those really aren't all of your priorities. If you really wake up and I'll do this with myself, and I encourage anyone who feels that this resonates for them to do the same. When I wake up in the morning, I really take some time, and it's not long, it's maybe ten minutes, where I'll do a meditation with some Reiki on myself. I'll sort of energetically connect to myself and the day. Then I'll get really clear on what are the three things. Maybe if it doesn't happen in that moment, it will happen when I'm having coffee and I'm just sort of sitting for a couple of minutes.

What are the three things that I really, really want to do today? Do for myself, for my business, whatever it may be. One might be movement, one might be sending off that email that I've been avoiding, or finishing up that paperwork, or whatever. Then so long as I know that I gave myself the space for those things that I have decided were the priority, everything else is not going – it can be on the list tomorrow. It's really giving my mind almost this regulation so that it cannot spin out of control to tell me that I have 45 things to do today. Because there will always be more.



Make a plan now for your morning schedule (even if it is only a 5-minute plan):

### **The Dreaded Afternoon Slump**

Know yourself and what you enjoy. If walking outside you know is good for you, but you just don't make the time for it, then it's time to schedule it in your calendar. If you don't have five, ten minutes for that, then a couple of minutes of tapping or even I've told people before, go into the bathroom stall at work if you're in a cubicle and sit there and play some music in your ear buds. Put your hands on your heart and maybe do a couple rounds of tapping. And also do a couple minutes of just sending yourself this deep amount of love and amount of spaciousness to almost clear out what the day has been so far.

Let's also just take a moment to acknowledge that we output far more than we probably even realize because we've just become so accustomed to this level of working. And we're not including our physical bodies. So that is also part of why tapping is so effective, because you're almost tapping your way back into your physical body in that afternoon slump, right? Because we typically, we're very much in our mental space. Even if you might have a job that's maybe a little bit more laborious and you're doing some things with your physical body, you're often still being asked to be stimulating your mind. So we're not getting to have that afternoon siesta to reset ourselves from the morning into the evening.

It's important to recognize you're not a machine and you're not here to be a machine, so giving yourself these really sacred spaces throughout the day are going to be part of that energy we talked about all the way back in the beginning of this, of really resetting and not needing to have that needless suffering, to just slam yourself, almost steamroll yourself to get through the day. You don't have to do that, that's not a requirement. You don't sign the dotted line and say I choose to give up my adrenals and steamroll myself at this job. And especially if you're an entrepreneur, you really need to look at resetting some of those boundaries with yourself, like why did I do this anyways? If I'm needlessly suffering, then it's up to me to change some of this.



## A Tapping Experience: Mid-Afternoon Slump

Identify a number of the feeling of fatigue or burnout or maybe even a sense of sluggishness or resistance to getting through the rest of the day.

Give yourself a rating on a scale of 0-10 on the intensity of feeling overwhelmed or burned out in the afternoon: \_\_\_\_

Tapping on the karate chop point, take three deep breaths, going up the belly, open the mouth, and exhale. Again, two more times. Maybe a sigh.

Side of Hand Even though I'm burnt out  
I'm freaking tired  
I don't want to keep going  
I deeply and profoundly  
Trust I am safe to release this now  
Even though I am so tired  
I have done so much already today  
I don't have it in me to keep going  
I deeply and profoundly  
Accept I am safe to release  
And let go of what no longer serves me  
Even though I have already had a whole day  
And I have so much more to do  
I deeply and profoundly  
Choose to love and trust myself  
Even though I am overwhelmed  
There is so much on my plate right now  
And no one understands what I'm going through  
I deeply and profoundly  
Trust myself to release this now

Eyebrow I am so overwhelmed  
Side of Eye I am overwhelmed and it doesn't feel good  
Under Eye I am overwhelmed  
Under Nose I feel overworked  
Under Mouth I am overworked  
Collarbone I am trying to do so much  
Under arm I am trying to do so many things at once



Top of Head I haven't even taken a moment to myself

EB But here I am now  
SE I am fully committed to me  
UE I am here to show up for me  
UN I choose to see and love and accept me  
UM I am so capable  
CB And I can do this all with ease and grace  
UA I have made everything so important  
TH I let it all be more important than me

EB I let it all be more important than me  
SE So I choose to shift this now  
UE I choose to show up for me  
UN I choose to see what is really a priority  
UM It's not as much as I thought it to be  
CB I know I am capable and strong  
UA And I choose to release what no longer serves me  
TH It will all get done

EB It will all get done  
SE And I do not need to suffer  
UE So I choose to enjoy this day  
UN I choose to take a moment for myself  
UM I choose to reprioritize the rest of my day  
CB Because I am capable  
UA Because I trust myself  
TH And I know exactly what I need to get done

EB I choose to release everything else  
SE I create so much new space for myself and my mind  
UE To see with clarity what I need to do  
UN And just choose to do it  
UM I choose that it will be easy  
CB I choose that it will go by quickly  
UA And that I will have a beautiful evening  
TH I choose to have a beautiful evening





EB So let me go finish what needs to get done  
SE I knew exactly what I need to do  
UE And I'm just going to do it  
UN So I can enjoy the rest of my night  
UM Thank God for me

Take a deep breath in, exhale. One more time, and just take a moment to acknowledge what actually really needs to get done. Maybe nothing, maybe two or three things, maybe sending a couple of notes so that you can shift around the priorities and the things. Because there is no reason, and no need, for you to needlessly suffer.

Now give yourself a rating again after Tapping on a scale of 0-10: \_\_\_\_

*Note: it is just our minds commanding and controlling things, and we're not even aware of it until we take just a few minutes to really release this spin cycle that the mind has us on!*

What small act of self-care can you do when you hit the mid-afternoon slump?

### **A Tapping Experience for the Evening**

I'd love to do something around being able to let go of the day and quieting the racing mind and really set ourselves up to have a relaxing evening based on self-care.

Tapping on the karate chop point. A couple of nice, deep breaths in. Really receive the nourishing breath. I find that in the evening time, one of the most important things is the breath, so really taking just a few conscious big inhales and big, open mouth sighs, grunts, movements of breath, is so important because often times our breath is restricted. So the flow of oxygen to the brain and its thinking, and its critical thinking, and its overthinking can really start to be alleviated just with some deep breaths. Once you have taken those, and you're still tapping, you're consciously connecting, repeat after me please.



Side of Hand Even though my mind is racing  
And I want to do so many more things in this day  
I deeply and profoundly  
Trust I am safe to let go now  
Even though my mind is racing and I want to keep going  
There are so many things to still do and I have so many tasks around  
the house  
I deeply and profoundly  
Trust that I am safe to just be now  
Even though my to-do list is infinite  
I deeply and profoundly accept I am right on time  
And there is nothing left for me to do  
Because I have done enough today  
And because I am enough just as I am

Eyebrow I have wanted to keep going all day  
Side of Eye I don't want to stop because my mind is still racing  
Under Eye It's too hard to turn off  
Under Nose My mind wants me to keep going  
Under Mouth There are so many more things to do  
Collarbone And thank goodness for me and so many things to do  
Under arm Because it means my life is full  
Top of Head It means I am full of experiences and people and so much love

EB And in order to show up for all of these things  
SE I have to take breaks and take rest  
UE And I also get to enjoy this entire life  
UN It's not about me slaving away all day  
UM I work so I can also relax and rest  
CB I take care of so many things and so many people  
UA And it's a beautiful gift to also take care of me  
TH So I choose to release the day

EB And I choose to connect to the here and now  
SE And I choose to enjoy and relax into this evening  
UE I choose to put away my phone and my technology and my emails  
UN And I choose to light up into this evening  
UM I choose to see all the beauty and the peace that surrounds me now  
CB I choose to see the fullness and the joy of my life



UA And I get to receive it and relax into it now, too  
TH I choose to receive and replenish during this evening

EB Because I am so worthy to relax and rest  
SE I am so worthy to be here and to just feel peace  
UE I am so worthy to just rest and bask in this evening  
UN I choose to receive  
UM I am done working now  
CB It is time for me to rest and receive  
UA Whatever that looks like  
TH I choose to receive it

Take a deep breath in, exhale. One more time.

Now give yourself a rating again after Tapping on a scale of 0-10: \_\_\_\_

What small act of self-care can you do in the evening?

There are a lot of other techniques and tools for people to receive on my website. My book, *Burning Bright*, has tons and tons of practices.

And I just want everyone to know that you are not alone, you are human having all of the human experiences. Just really treat yourself with that love and that grace.



**KELSEY PATEL**, is a leading wellness and reiki expert. She is not only a sought after spiritual empowerment coach, yoga teacher, reiki healer and meditation teacher, but also a multi-faceted entrepreneur and inspirational speaker. Her work can be found across the globe and is endorsed by some of the hottest brands and names in Hollywood. She is the creator and founder of Magik Vibes, a soul-enhancing lifestyle brand and podcast. She is also the co-host of the celebrity endorsed podcast series, Break Up with Your Bullshit. In April 2020, her first book titled Burning Bright will be published in partnership with Penguin Random House.

Her own life story is a part of her public and private workshops and international retreats. Kelsey is known for her ability to connect with all types of audiences in a real, authentic and uplifting way. Her mission is to inspire human beings and give them the tools to relate and connect to their own best self and live life in a purposeful, fun and balanced way. Kelsey's workshops, classes, meditations and self-empowerment tools are a constant in clients' daily lives, allowing them to take their intentions and goals to the next level.