



# 7-day EFT tapping practice for expats

THIS EFT WORKBOOK FOCUSES ON RELEASING THE STRESS CONNECTED WITH THESE REAL-LIFE EXPAT CHALLENGES. INSTEAD OF TRYING TO FIX EVERYTHING AT ONCE, YOU'LL FOCUS ON ONE MAIN STRESSOR AT A TIME, SO YOUR NERVOUS SYSTEM CAN CALM EFFECTIVELY, AND YOU CAN EXPERIENCE A NOTICEABLE SHIFT IN YOUR ENERGY, MINDSET, AND CONFIDENCE.

## What is EFT?

Emotional Freedom Techniques (EFT), also known as *tapping*, is a simple and effective method for releasing stress, anxiety, and emotional tension stored in the body.

By gently tapping on specific points on the face and body while bringing awareness to how you feel, EFT helps your nervous system move out of survival mode and into a state of greater calm and balance.

This workbook is designed specifically for **expats in the early stages of living abroad** — when life can feel intense, uncertain, and emotionally demanding.

This is not about fixing everything in your life.

It's about creating **inner space** — so your body feels safer, your mind becomes clearer, and you reconnect with your inner strength, even if your external situation hasn't changed yet.

You'll be guided through this practice using the **EFT tapping video** that accompanies this workbook.

## Why it works for expats:

Living abroad often means carrying silent pressure.

You may be working hard, adapting to a new language or environment, worrying about money or direction — all while trying to stay strong.

EFT signals **safety to your nervous system**, helping you feel calmer, more grounded, and more in control. Paired with a gratitude practice, it creates space for reflection and resilience.

This EFT practice supports you if you feel:

- emotionally overwhelmed or exhausted
- pressure to “figure everything out” abroad
- anxiety about work, money, or your future
- insecure in a new language or environment
- disconnected from your confidence or inner stability

Many expats experience **all of these at once**.

To create real results, this workbook intentionally focuses on **one core emotional experience** — so your nervous system can respond more effectively.

Many expats experience **several stresses at once**.

In this workbook, we intentionally focus on **one core emotional experience** — so you can feel a real shift.

The outcome of this EFT practice is a calmer nervous system while you are in survival mode abroad — so work, money pressure, and daily challenges feel more manageable.

## Focus This Week

### Releasing Stress & Rebuilding Confidence While Settling Abroad

You can use EFT for any worry or challenge in your life.

However, **instead of working on everything at once**, this practice focuses on **one central expat experience**:

**The pressure and anxiety of building a new life abroad.**

This focus may include:

- fear about the future
- financial pressure
- feeling behind or “not good enough”
- mental fatigue from constant adapting
- carrying responsibility without support

By working with **one emotional theme**, EFT becomes easier for your body to process and more effective in creating calm.

You can return to this same focus daily until it feels lighter and more manageable.

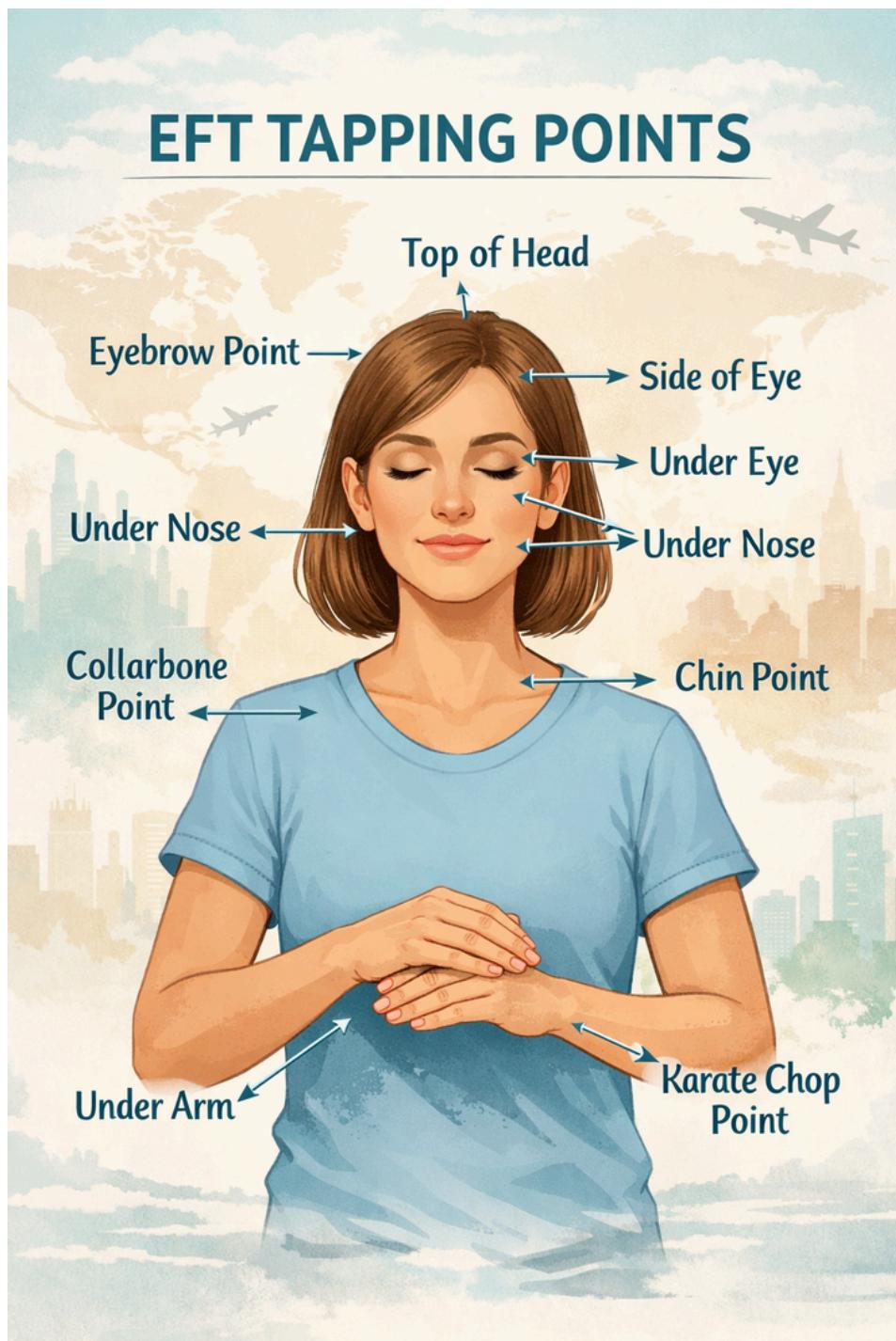
## Daily Practice Note

Focus on **your chosen challenge** each day.

- Bring to mind the stress or pressure you feel about building your life abroad
- Rate the intensity from **0–10**  
*(0 = calm, 10 = very stressed)*
- Follow the **guided EFT tapping video**
- Tap through each point while repeating the phrases below
- Pause, breathe, and notice any shift
- Re-rate your stress and repeat if needed

 *Even small changes matter. A 10–20% shift is real progress.*

## EFT Tapping Points & Phrases



Before you start with the tapping, you have to first determine the cause of your anxiety or stress. This will be the starting point of your setup phrase.

Setup phrase is:

**"Even though I feel stressed living far away from the home, I completely love and accept myself."**

Afterwards, start reciting your reminder phrases below while tapping in order the meridian points stated on the picture above.

Point	Phrase to Say (Repeat 2–3×)	Notes
<b>Karate Chop (Side of Hand)</b>	“Even though I feel anxious and exhausted starting life abroad, I deeply and completely accept myself.”	Setup phrase
<b>Eyebrow</b>	“This stress and pressure I feel living and working in a new country.”	Bring awareness to mental stress
<b>Side of Eye</b>	“These worries about adapting, fitting in, and being understood.”	Notice emotions without judging
<b>Under Eye</b>	“All this tension and uncertainty I carry about my future here.”	Observe sensations in the body
<b>Under Nose</b>	“This constant effort of working, learning, and adjusting.”	Gentle acknowledgement
<b>Chin</b>	“I allow some of this built-up stress to release now.”	Imagine softening
<b>Collarbone</b>	“Even here, I am safe enough to slow down and breathe.”	Pause, take a deeper breath
<b>Under Arm</b>	“I release the pressure to have everything figured out.”	Let go of control
<b>Top of Head</b>	“I choose more calm, steadiness, and resilience today.”	End of round

**This concludes the first round of tapping.** Take a deep breath and notice any shift in your body or mind. Tune in to your stress or anxiety and rate its intensity on the 0–10 scale from your daily practice note.

If your stress is still above 2, repeat another round of tapping using the same phrases, then check your rating again. Continue until you feel a noticeable release or your anxiety drops to a more manageable level.

At the end of your session, always take a slow, deep breath in... and gently breathe out, allowing your body and mind to settle.

## Optional Reflection (connects with gratitude workbook):

"Notice how your body or mind feels now. Can you connect this calm to something you are grateful for today?"

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## Closing / Encouragement

"By taking just 10 minutes each day for EFT, you're helping your nervous system settle, releasing tension, and creating mental space to notice positives. Over time, these small daily steps build resilience, grounding, and confidence while living abroad. You're learning to navigate uncertainty with awareness and strength — one mindful day at a time."

**As you finish this EFT practice, notice how your stress, tension, or worry has already begun to shift — even small changes are proof that your nervous system can calm and your mind can regain clarity.**

EFT can be used for **any worry or challenge**, helping you calm your nervous system, release old patterns, and gradually create new empowering beliefs. Practicing daily builds **resilience, mental strength, and self-trust**, even while living abroad.

Come back to this practice whenever you feel overwhelmed, exhausted, or disconnected.

This is just the beginning — each tap, each mindful moment, strengthens your ability to handle challenges and take control of your life.

**This workbook is just the beginning.**

If you'd like to continue building a resilient mind and learn how to work with your inner world on a deeper level, you're invited to continue inside the Resilient Mind membership, where we expand this foundation and support long-term change — so you can navigate life abroad with more stability, confidence, and ease.



*"Created by Silvie – Resilient Mind"*