

## Baby Blues?

Sue has a beautiful young baby and, having had two other children without problems, was really surprised to find herself weepy and depressed since the birth.

One thing which really worried her was that she couldn't sleep because of fears that her new baby wouldn't be safe. And all of this was having an impact on her two older children, something she really wanted to avoid.

We Tapped on various experiences around the birth, some things which people had said to her which she found very hurtful and some issues in the family.

After only one session, she was feeling hugely better and has been Tapping ever since.

***'I'm feeling relaxed, with less worries, much calmer, and I'm sleeping... Now I'm bothering about the things I should be bothered about [Rather than the exaggerated worrying which had taken its toll previously - Yolande ]. Tapping is one of the best things I've ever done.'***

She's sleeping well and has been able to let go of the anger and fear which she was feeling. Giving birth can sometimes cause experiences from a long time previous to begin to trigger symptoms of anxiety in the present time - Tapping can allow people to let go of the past and focus on the present. Sue is now able to focus on really taking good care of her baby rather than having to spend a lot of time dealing with her own fears.

The effects have lasted and Sue has now taken Tapping to the mothers' group she attends, to show them how easy it can be to feel at peace with yourself.