



# User guide



**Zenpower is an app which contains fast, simple and proven techniques to help you and your mind re-balance in a busy world.**

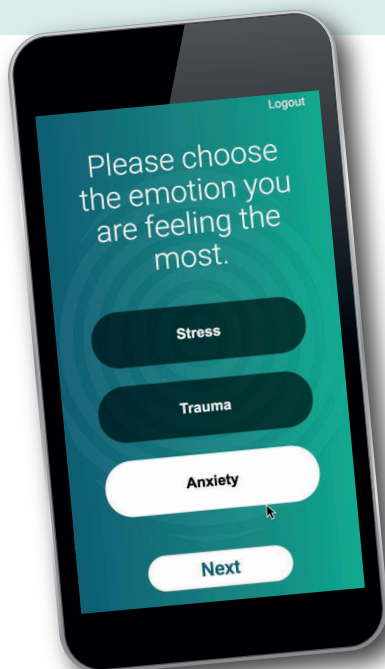
## Wellbeing at your fingertips

**If you ever feel overwhelmed, worried or anxious then Zenpower is designed to help you.**

These are all normal feelings that affect most of us, but they don't have to take over your day.

Zenpower contains fast, simple and proven techniques to help you and your mind re-balance in the busy world we live in.

Zenpower is available at your fingertips and it empowers you to take positive control of how you feel, wherever you are and at any time of the day.



## When to use Zenpower

You can use Zenpower when any negative, distracting or confusing emotion is occupying your thoughts, or you feel any build up of emotional discomfort that relates to anxiety, worry, fear or stress. It also works if you simply feel confused about your current thought patterns.

It is so easy to use and empowers you to take control of your feelings such as:

- Anxiety
- Nervousness
- Panic
- Worry
- Stress
- Fear
- Rage
- Frustration
- Anger
- Shame

## How to use Zenpower

It is incredibly intuitive and easy to follow. The app provides direction at every stage of this rapid relief process. You cannot do anything wrong AND you cannot break it. And it's fine to keep your challenges in your mind as you go through the process. It requires the presence of the emotion in order to reduce it. There are just two things to focus on:

### How to tap

When you are asked to tap on a part of your body, tap hard enough to put some energy into your body and soft enough that you do not hurt yourself. It's rather like tapping someone on the shoulder to get their attention. Tap with two or three fingers. Using either hand is fine and either side of the body is also fine.

### Keep a level head

When asked to perform eye movements, please keep your head level and still and move only your eyes. Don't worry if you find this a challenge to start with.

### Evaluating the success

When the process is finished, it is a good idea to try to get the unhelpful emotional feeling to return. This shows you that you have conquered it and you can be confident for the future.

## Don't just take our word for it

*“We have been using this system in our Integrated Health Practice for a number of years. It has helped many patients and staff achieve significant reductions in emotional upset caused by anxiety, stress and fear. These reductions have been long lasting. I have found the techniques used in the system to be a highly effective, very accessible, and easy-to-use, and require, in most cases, only one session of a few minutes to achieve significant relief from these debilitating emotional conditions.”*

**Dr. Michael Dixon, LVO, OBE, MA, FRCGP**

## And finally

We hope you enjoy using Zenpower and you are able to benefit from the techniques. Please keep tapping and you will continue to benefit from the approach. There's no maximum amount you should do, so tap whenever you feel the need to.

### Please spread the word

Our aim is to help create a world in which no-one needs to suffer from anxiety, fear and stress. We feel we can do that with your help, so please do share your experiences with others.

To find out more and download  
the app visit [www.zenpower.co.uk](http://www.zenpower.co.uk)  
or email [info@zenpower.co.uk](mailto:info@zenpower.co.uk)

