

ANTI-ANXIETY TECHNIQUES

Do you or someone you suffering from anxiety or worry?

As a Hypnotherapist I see many clients that suffer from fears, phobias, worry and anxiety. The situations that create these issues may be related to social, work or medical situations.

In general, I take a 3-step approach when working with these types of clients.

Step 1. Client experiences an instant state change, so they rapidly feel better.

Step 2. Client experience several anti-anxiety techniques that can be used anywhere at anytime, so they can feel in control.

Step 3. Once the client feels calmer, we use hypnotherapy to uncover the initial sensitizing event that is causing issue. Once identified it can then be reframed and permanent state change can occur.

Ever wonder why some people react to situations calmly while others have a negative response? The negative feelings are the subconscious minds response to unresolved past events or unresolved feelings.

The subconscious mind is a supercomputer and it can store millions of pieces of data. It is thought that it stores and can recall EVERYTHING that it ever saw, heard or experienced. If the experiences stored are unresolved or unprocessed, then it is just like a computer program it keeps running the outdated program, until the software/program is updated. The reason why Hypnotherapy is effective is because while in hypnosis the therapist can communicate with both the conscious and the subconscious mind to create the change in programing.

The anti-anxiety toolkit and other relaxation and focusing methods have helped adults and student to better understand how to prepare

for an exams, public speaking opportunities, social events, job interviews, medical procedures etc. Helping people to overcome their anxiety, grow in confidence and feel comfortable about life conditions adds real value to peoples lives.

The anti-anxiety tool kit with video demonstrations of the techniques, self hypnosis audio recordings and printable handouts can be found on this page: www.FLOURISHHYPNOSIS.COM/anxiety

The simplest anti-anxiety technique is to slow the breathing down. Breath in calmness and exhale tension. Calmness and tension can not coexist. By changing the breathing pattern, the body starts to move out of fight/flight/freeze and back into normal rhythm. Breath this way: in for 6 counts, hold for 4 counts and exhale for 8 counts. Repeat.

Other techniques include expanding the peripheral vision or softening the eyes. Begin by ensuring your breathing is slow and steady. Then focus your eyes on a spot in front of you, just a bit higher than straight ahead. As you focus on that spot, soften your eyes and take in more peripheral vision. Notice as you take in even more, your eyes soften even more. Notice the calm as you expand your vision while not really focusing on anything.

Helena, who runs her hypnotherapy practice on Vancouver Island, BC Canada, has worked with the students & adults to help them develop simple coping strategies that they can utilise to reduce their anxiety levels, engage in daily activities and perform at their very best.

Learn more about Helena and Hypnotherapy at www.FLOURISHHYPNOSIS.COM