



Many people face each day with dread as they suffer from stress and anxiety which can easily become depression. Both anxiety and stress can be shown in various forms including panic attacks. These can successfully addressed using hypnosis.

Hypnosis can enable you to deal with stress and anxiety before it becomes depression.

Dictionary definitions...

stress n. - demand on physical or mental energy, distress caused by this (suffering from stress).

anxiety n. - the state of being anxious, concern about an imminent or future difficulty etc.

Aren't stress and anxiety natural?



Yes, stress and anxiety are natural responses by the human psyche and they produce various physical symptoms which can range from increased heart rate and sweating, right up to full blown panic attacks.

It has been proven by the medical profession that one of the best ways to combat stress is to ensure that you are able to get some form of relaxation on a regular basis. The whole basis of hypnotherapy is to induce deep relaxation so that positive suggestions can be acted upon.

Part of our approach to stress therapy includes teaching the client how they can induce self hypnosis whenever it is required. This gives them the ability to help themselves on the basis that they can then decide where and when it can be used.

For some clients the stressor is directly related to a specific trigger and we can help develop a suitable course of therapy to eliminate the trigger so that the stress is minimalised in the future, e.g. curing the cause not the symptom.

We also teach a method of stimulating energy points similar to acupuncture but without the

needles!