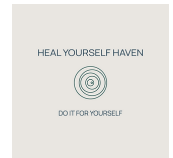


# Hypnosis and Stress

## What Hypnotherapy can do for you



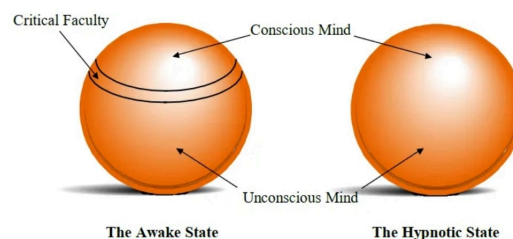
“Hypnosis is a state of mind, enhanced by (although not exclusively) mental and physical relaxation, in which our subconscious is able to communicate with our conscious mind”

<http://www.general-hypnotherapy-register.com/> 17/10/14

We all experience a hypnotic state several times each day, we just aren't aware of it. It is a little like daydreaming, so when you are absorbed in a film or book, or driving a route you drive regularly and then suddenly you have missed the turning – this is a form of hypnosis.

For the most part, we live in our conscious state – wide awake and alert, aware of our surroundings. As we drift off to sleep, or if we become absorbed in something, we can access the subconscious mind where our memories, emotions and habits are stored.

Switching from the conscious to the subconscious mind is called “bypassing the critical faculty”. When this occurs, the hypnotherapist has direct access to the subconscious mind, which doesn't question suggestions like the conscious mind and is more open to suggestion. It is here that positive changes can be made. This state is usually achieved through guided relaxation and visualisation in the form of an induction and deepener, helping a client to relax into a hypnotic trance state where therapy can take place.



When we get stressed, the “Fight or Flight” response is triggered. This is the body's natural response to danger or a perceived threat. Heart increases, senses are heightened and stress hormones cortisol and adrenaline are released.

Hypnotherapy can be extremely effective in helping manage and alleviate stress by reducing tension and encouraging deep relaxation through suggestion, imagery and breathing techniques. Negative thoughts can be reframed and coping strategies can be introduced, helping to promote a sense of calmness and therefore the ability to retain control.

