

Hypnotherapy and Wellness

January 2021

NEWSLETTER

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Hypnotherapy & Wellness

SIX WEEKS TO BETTER SLEEP

An online course with Andrea A. Squibb

PRE-SALE NOW UNTIL 1/11/21



~~\$645.00~~ SALE: \$399

This course combines *Cognitive Behavioral Therapy for Insomnia (CBT-I)*, *Hypnotherapy*, and *Mindfulness* techniques. CBT-I is 75-80% effective clinically, reducing sleepless nights by 50%. It is considered the preferred line of defense for insomnia and more effective than sleep medication. CBT is 70% more effective when combined with Hypnosis.

LAUNCH OF ONLINE SLEEP RECOVERY COURSE

Do you struggle with insomnia or know someone who does? Consider the new 6-week course combining Hypnotherapy, Mindfulness and CBT-I for insomnia relief. Andrea, your guide and instructor for the course is a Certified Clinical Hypnotherapist and Certified CBT-I Clinician in practice since 2010. The course includes 6 guided Weekly Presentations, 6 Hypnotherapy Recordings, 6 Weekly Q & A sessions with Andrea, clear cut assignments to move you forward, a Personal Sleep Plan, Relapse Prevention Plan and more!

Self Care



CARVING OUT SMALL MOMENTS OF SELF-CARE BY MARI MCCARTHY

The past year has taken a toll on us all. We are grappling with exceptional challenges and we are collectively feeling the effects of stress, worry, frustration, grief, and disconnection. In a Centers for Disease Control and Prevention survey in June 2020, U.S. adults reported elevated mental health conditions associated with the pandemic. Respondents experiencing symptoms of anxiety and depression were three to four times the number of those who said the same in the first two quarters of 2019. With so much to feel and process, we need self-care more than ever. But when we are juggling endless other responsibilities — work, finances, parenting, virtual learning, job hunting, caregiving, the list goes on — self-care often gets neglected.

Self-Care is Not Selfish It is important to recognize that caring for your mental, physical and spiritual well-being is not a luxury; it is a necessity. When you are anxious, tense and depleted, you are not able to care for others or bring energy and focus to your work. Looking after your own needs and recharging your batteries will give you the energy you need to support your loved ones, do good work and contribute your gifts for a better world. Self-care covers a wide range of categories, including nutrition, exercise, sleep, reflection, relaxation, and therapy. Sometimes self-care simply means setting boundaries and saying “no” to others so you can say “yes” to yourself.

While finding time to nurture yourself may seem impossible when you are shouldering a heavy load, you can carve out a few minutes a day just for yourself. Aim for 10 minutes every day — if you can do more, great; if not, that small break is still a gift. **Self-Care Mini-Breaks Experiment** with these simple self-care mini breaks. Each day, start by answering one question in a notebook or journal: How am I feeling today? Write down a sentence or two in response (or more if you feel inspired). Research shows that journaling provides a wealth of mental and physical health benefits and is a powerful tool in your self-care toolbox. Writing in a journal can help you

manage stress, reduce symptoms of depression and anxiety, improve sleep, strengthen your immune system, lower blood pressure and enhance overall health. Once you have written your journal entry, move on to the short activity focusing on a particular self-care theme.

1. Mindfulness.

Mindfulness is simply the act of being fully present in the moment, developing awareness of your thoughts, feelings, sensations and surroundings. Mindfulness based meditation has been linked to a variety of mental and physical health benefits, and it is easy to practice anywhere, anytime, with nothing but yourself.

Find a place in your home to do the five senses mindfulness exercise that goes in a 5-4-3-2-1 pattern:

1. **Notice five things you can see.** Look for something you might overlook normally, like the way sunlight reflects off the window or a favorite book on the shelf.
2. **Notice four things you can feel.** Be aware of physical things you can feel, like the chair underneath you or your dog dozing at your feet.
3. **Notice three things you can hear.** Listen to the sounds around you, like your kids playing or cars driving on the street outside.
4. **Notice two things you can smell.** Take a deep breath and note the good and bad smells in the air.
5. **Notice one thing you can taste.** Take a sip or a bite of something or observe the taste in your mouth.

2. Nature

Being in nature, even for a short time, is so rejuvenating. Studies have found that being in green space improves mood and attention spans. Go for a brief walk in nature somewhere close to home, whether in your backyard, on a nature trail or in a city park. While you walk, breathe deeply and observe your surroundings. What plants, animals and people do you see? What do you feel while you are moving your body and being in a natural setting? Pause somewhere picturesque and simply take in the view.

3. Gratitude

Expressing gratitude — consciously reflecting on and counting your blessings — is linked to greater happiness and positive health outcomes, including dealing with adversity, feeling positive emotions, appreciating good experiences and building strong relationships

On your own, write down three to five good things that happened to you today. They can be big or small — catching up with a friend over text, hearing a favorite song, enjoying a moment of quiet with your cup of coffee. Alternatively, play the “glad game” with a loved one (you may remember it from Pollyanna). Take turns saying, “I am glad that...” and name something you are grateful for. Keep going for a set number of items or until you run out of steam. During challenging times, you need to make yourself a priority as much as the other people and responsibilities in your life. Start by taking just a few minutes out of every day for a self-care mini-break and keep creating space to address your needs and treat yourself with love and compassion.

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1 CBT TECHNIQUE FOR ANXIETY

“Chew it over and
act normal”

Anxiety is a survival response, not an illness. But it's a response that can go wrong, sometimes to the point that it hinders rather than helps. Like a guard dog that feels like it's helping even as it bites the leg of the friendly mailman, your anxiety response kicks in because it senses a threat, even though that *perceived* threat may not actually be real. One way to train anxiety to be selective and 'behave' is to give it feedback to let it know: "Thanks, but you're not needed right now."

Because anxiety takes its lead from what we do, as well as simple emotional pattern matching, then if we act in ways we wouldn't in a real emergency, the anxiety will fade away. For example, during an emergency we wouldn't:

- Talk softly and calmly
- Smile
- Salivate
- Breathe deeply
- Have an open body posture.

If we adopt some of these behaviors, even just *one* of these behaviors, when we begin to feel stressed, then we alter the feedback to our fear response system (our sympathetic nervous system). We send it a message: "See, if there was a real threat I wouldn't be salivating, talking normally, breathing out for longer than I breathe in."

Something even the most anxious person can easily do is chew gum (or even just imagine they are). This is something you would never be doing during a genuine threat, producing saliva in anticipation of eating.

We don't tend to have the luxury of eating in life-threatening circumstances. So we can encourage ourselves to 'act normal' during stressful times to quickly change the feedback loop and switch off anxiety fast. And just knowing you can do this can give you a huge boost in confidence. Anxiety is all about expectation – which tends to be catastrophic! So let's bring some thought to it next.





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Release the past, create the future, with hypnosis

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HAPPY NEW YEAR!

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