

7 Tips to Combat

Stress

Consider adding a live plant to your bedroom and other rooms. Plants will naturally clean the air and the color signals relaxation.

Fake a smile, this sends the same feel good endorphins to the brain as an authentic smile.

Honor your body's need for rest and sleep. Sleep is when your body and brain rejuvenates, restores and resets. Make your bedroom an oasis for sleep, remove work materials or anything that does not contribute to a serene environment.

When feeling extremely stressed, angry, or upset try 'shaking it off.' Literally shake out your arms, legs, & body. Sway your head gently around. You might notice that dogs, ducks, & other animals do this when faced with conflict or stress. You will feel an immediate release.

Ask your higher source for a good night's sleep with gratitude.

Be aware of perfectionism, consider accepting and feeling satisfied with 60%-80% of the outcome you desire.

Display a photo of a bear or a teddy bear which represents rest and hibernation near your bed.

Remember that hypnosis reprograms our subconscious mind and helps us manage self talk, habits, and changes. Research has backed up the profound lasting changes & how new neural pathways in the brain can be built with hypnosis. If you are curious if hypnosis can help you please don't hesitate to contact me!

