



*Take Control Of Your Life With Hypnosis:*

*Eliminate negative habits; Create healthy changes; Achieve optimal well-being.*

Hi Everyone! Here is the 28th issue of the Hypno-Healthgram. You can access previous issues by going to the Newsletters page of my website: [www.hypno-health.net](http://www.hypno-health.net)

February 2013

**DE-STRESS**

"Stress is what you feel when you have to handle more than you are used to. When you are stressed, your body responds as though you are in danger. It makes hormones that speed up your heart, make you breathe faster, and give you a burst of energy. This is called the flight-or-fight stress response." [1] Symptoms of stress appear both physically and emotionally as we react to their influence. Tension, tightness, and constriction take hold and can impact everything from public speaking and sports performance to meeting deadlines and savoring a delicious meal. "You become increasingly susceptible to tension headaches, heartburn, anxiety attacks, ulcers, heart disease and severe depression. Later, stressful events acting on an already weakened constitution, may be more serious or even fatal. Recent research shows that stress may set the stage for heart attack and sudden death caused by the heart's stopping - both of which occur in increasingly younger men and women." [2]

Being able to manage stress efficiently and effectively will: [3]

- Increase your energy and focus.
- Allow you to deal effectively with authority, roles and limits.
- Increase your tolerance to frustration during difficult circumstances.
- Let you adapt to change and prosper from it.
- Help you develop a sense of belonging.
- Let you show friendliness, care, and love.
- Allow you to enjoy recreation.
- Permit you to relax and sleep better.
- Free your sense of humor and ability to laugh at yourself.
- Let you demonstrate a reasonable sense of independence and self-reliance.

HELPGUIDE.org suggests a variety of ways to manage stress: [4]

1. Avoid unnecessary stress:

- Learn how to say "no".
- Avoid people who stress you out.
- Take control of your environment.
- Avoid hot-button topics.
- Pare down your to-do list and prioritize it.

2. Alter the situation:

- Express your feelings instead of bottling them up.
- Be willing to compromise.
- Be more assertive.
- Manage your time better.

3. Adapt to the stressor:

- Reframe problems.
- Look at the big picture.
- Adjust your standards.
- Focus on the positive.

4. Accept the things you can't change:

- Don't try to control the uncontrollable.
- Look for the upside.
- Share your feelings.
- Learn to forgive.

5. Make time for fun and relaxation:

- Set aside relaxation time.
- Connect with others.
- Do something you enjoy every day.
- Keep your sense of humor.

6. Adopt a healthy lifestyle:

- Exercise regularly.
- Eat a healthy diet.
- Reduce caffeine and sugar.
- Avoid alcohol, cigarettes, and drugs.
- Get enough sleep.

Hopefully, you will be able to use one or more of the above suggestions to improve how you deal with stress. If you find you want or need more help, remember that communicating with your subconscious mind can enable you to understand "why" you react to stress the way you do. You can release the connections with "why", replace them with perceptions of the way you want to deal with stress, and reinforce them so they become the new habit within you. You empower yourself to be proactive about dealing with stress, rather than merely reactive. Do this with self-hypnosis or seek help from a professional hypnotist.

[1] [www.webm.com/balance/stress-management/stress-management-topic-overview](http://www.webm.com/balance/stress-management/stress-management-topic-overview)

[2] Mini-monograph on stress prepared by the American Academy of Family Physicians and Drs. Morris B. Mellion and Robert S. Eliot.

[3] [www.hypnosisnetwork.com/hypnosis/stress\\_anxiety.php](http://www.hypnosisnetwork.com/hypnosis/stress_anxiety.php)

[4] [www.helpguide.org/mental/stress\\_management\\_relief\\_coping.htm](http://www.helpguide.org/mental/stress_management_relief_coping.htm)



### **HEALTH TIPS**

Here's a summary of the Mayo Clinic Healthy Heart Plan's quick start:



Eat five servings of fruit and vegetables a day to boost your heart health.



Add at least 10 minutes of moderately intense physical activity to what you do every day.



Get eight hours of good, quality sleep each night.

Retrieved from <http://www.mayoclinic.com/health/healthy-heart/AN02175>

*Is there something in your life you need to change, want to change and are ready to change? If so, now's the time! Take this one positive step for yourself, a family member, or friend, and use the **Gift Certificate** on the next page to support the decision to make a healthy life change.*



## Gift Certificate

Print this certificate and bring it with you to receive

**\$25**

off the cost of an appointment with

Hugh Sadlier, M.Ed., BCCH  
Board Certified Consulting Hypnotist



Hugh Sadlier, M.Ed.  
Board Certified Hypnotherapist

222 Auburn Street ~ Suite 102  
Portland, Maine 04013  
Phone: (207) 773-5200  
E-mail: [sadlier@hypno-health.net](mailto:sadlier@hypno-health.net)  
Website: [www.hypno-health.net](http://www.hypno-health.net)

**Remember:** *Hypnosis can be done in the office, by phone and via Skype. You can access previous newsletters at [www.hypno-health.net](http://www.hypno-health.net)*

Happy Health! *Hugh*