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Spring newsletter April 2009

Dear

At last! Here is my second quarterly newsletter.

If there are particular topics you would like me to include or if you have any suggestions for the newsletter, all comments are very welcome. You can email me at aboden1053@btinternet.com

As I do not have everyone's email addresses, some will go out in the post.

Relaxation classes

I am writing to let you know about the new spring relaxation and well being classes running in Chinley Village Community center.

The Tuesday evening classes will now run as 6 weekly courses. So £30.00 per course or £6.00 for a drop in session. The class runs from 7.45pm until 8.45pm and will include time for questions and the covering of topics requested.

The Monday morning classes continue to prove popular and run from 10-11.00am in the community centre with a warm and friendly group.

The relaxation class is a really good way of boosting your energy reserves as winter leaves us and we move into spring, and is a great way of boosting your immune system. It is a useful practice to do every day but this can sometimes be difficult so the classes help to give you some time each week for this beneficial practice. It is also a chance to share tips / ask questions about any concerns you may have around areas such as sleep and stress management.

The second complete natural health experience

I have a stand at this exciting event, so do come and say hello. Also I will be giving an introductory talk on the benefits of Hypnosis for stress management at 13.45pm in room G4- this talk is free.

There are plenty of workshops and seminars running throughout the day, giving you a chance to 'experience some authentic alternative therapies under one magnificent roof'

CDs

My CDs will be available to buy on Saturday at the Dome and also at my classes. Alternatively I can send them to you by post but there will be a £2.00 P&P delivery cost- for first class recorded delivery and safe packing.

Each CD is £10.00

There are five CDs titles in all:

Sleeping Well

Weight Management

Relaxation: Tranquil beach

Relaxation: Tranquil forest

Relaxation: Tranquil garden

Tips

Each issue I will include a 'tips' section on varying topics.

This issue, I will be focusing on tips to manage stress and anxiety:

Although there are many stressors that come and go as part of our lives, there are positive lifestyle changes and activities that you can put into place with minimal effort and time. Our lifestyle has a big impact on how we respond to and manages the joys and challenges we face every day. Some of these may feel overwhelming at the time and unending- but there are ways you can **take control of your responses**, and there are ways to **increase your levels of happiness, health, and well being**.

If when feeling anxious you acknowledge the feelings within your body- racing heartbeat, sweating, feeling faint or dizzy, a sense of being out of control- as nothing to be afraid of - to acknowledge and accept that this is your very intelligent body telling you it is time to **slow down, rebalance, and shift into a more positive and solution focused creative state of calmness**.

It is good to **listen to your body**- rather than fear the feelings.

Acknowledge and accept what is happening - it is an automatic physiological response to a particular situation - real or perceived- to tell you to slow down, take a moment. Then, once you have acknowledged and accepted, you can refocus - bringing your mind into the present moment, as I have described- by paying attention to your immediate surroundings.

Breathe.

The mind and the breath are connected- our mind is part of our body- the mind can only think about one thing at a time- however quickly it may move to a different topic, so when you focus on your breath, you are not focused on the situation, issue or problem that you have experienced. The breathing technique that I am going to show you is simple and easy to remember, and you can do it anywhere and as often as you like until you achieve a change of state, a slowing down.

In our everyday lives we breath quite shallowly from here (chest) and when we are anxious we breath more quickly and shallowly, increasing heart rate, as blood goes to the major organs for 'fight or flight' - not to the brain, so the increasing breathing increases the sense of dizziness, faintness and further fear- so we want to **reverse this process quickly and effectively and take control.**

Take in a really nice deep breath, - this helps you to take in more oxygen and slow things down.

Hold to the count of four, - the mind is then focused on the count and the breath,

And then breath slowly out through your mouth- this lets out all the tension and you can notice your shoulders going down- **and imagine the word 'calm'** - by imagining the word 'calm' you are sending a further reinforcing positive signal to the body that **it can 'relax'**.

To recap on those four simple steps:

1. Bring yourself into the present moment- refocus.
2. Pay attention to your surroundings.
3. Listen to your body, acknowledge and accept its message.
4. Take in that nice deep breath, hold to the count of four, breath slowly out through your mouth as you imagine the word 'calm'.

I hope this is helpful and I am more than happy to answer any questions you have.

Please do let me know if you do not wish to receive further newsletters via post or email and please pass on my details if you know someone who might enjoy/benefit from the newsletters and I will include them in the next letter when I have their details.

kindest regards and best wishes for an energetic and healthy spring!

Annette Boden