

# trancesolutions

## hypnosis and stress

We experience stress when our ability to cope with events and situations exceeds our internal resources to do so.

Everyday thousands of people in Australia take time off work because of stress. Reported cases of stress-related illness have almost doubled in the Australian Public Service since 1989-90 and are growing at a rate of 20% a year.

While stress and the effects inflicted on individuals by prolonged or excessive amounts of pressure is nothing new, it is emerging slowly from the shadows of ignorance and prejudice. Stress comes from the Latin word "stringere" which means to draw tight or to compress.

Many people suffering from stress describe their feelings in this way. They feel under tremendous pressure, as if they have somehow mysteriously lost the ability to cope with the demands of life.

Stress can be work-related or come from personal problems, such as marriage difficulties, family conflicts or financial worries. Most likely, it results from a combination of pressures which are difficult to separate.

Many clients site the following as stressors:

- ▶ life events, such as divorce, or family issues
- ▶ long working hours; and difficulty balancing home and work
- ▶ job insecurity
- ▶ rapid change (which disrupts our comfort zone)
- ▶ physical illness
- ▶ financial pressures

Many of these are recent phenomena yet it is important to realise that stress isn't all bad. A certain amount of stress in our lives is not only essential for survival but also keeps up alert, inspired, creative and active.

### Common causes of stress

Loss – this covers a wide range of life events both physical and abstract, including loss of a loved one, loss of health or even loss of confidence or self-esteem.

Change – in which new life circumstances such as marriage, divorce or a change of job or finances lead to difficulties which threaten our physical or psychological well-being.

Interpersonal relationships – where difficulties either in the family or beyond cause substantial stress.

Conflict – where we are immobilised by a dilemma and unable to choose between options for any number of reasons. This conflict may operate beyond our immediate awareness.

Unresolved past issues – these can have a significant effect on our present reality.

### Coping with stress

There are many strategies which can help us to deal with the stresses of modern life.

- ▶ Slow down – do you rush through each day trying to meet impossible deadlines? You may reduce stress by better management of time.
- ▶ Applying problem-solving techniques – identifying the problem, clarifying its nature and mapping out options for dealing with it.
- ▶ Take a mental vacation – sit or lie down where you can be alone, close your eyes and very slowly take 3 deep breaths. Count slowly backwards from 10 to 1 and imagine yourself in a restful place, in a favorite room or at the beach. Take time to relax your body and your mind. These are techniques which you will learn through self-hypnosis.

- ▶ Seek appropriate help – from family, friends or professionals. Hypnosis has long been regarded as being particularly effective in helping to deal with stress. A relaxed trance state will begin to alleviate the symptoms of stress as the subconscious part of the mind develops strategies to deal with the causes.

## What can you do?

### *Increase your resources by*

Building times for regular relaxation into your day, both relaxation and exercise are important in reducing stress levels.

Cutting down on caffeine - found in cola, tea, chocolate and especially (as you might expect) coffee. Caffeine mimics adrenalin and therefore will raise your background stress levels. For many people cutting down on coffee is all they need to do. This together with learning some relaxation or self-hypnosis techniques will bring an enormous return in reducing stress levels for very little effort.

Cutting down on alcohol and cigarettes – both are stimulants. Quitting smoking is the best step to good health you can take and having 3-4 alcohol-free days each week is generally recommended.

Making healthy food choices when you can. A balanced diet is helpful in reducing stress.

Learning new skills such as self-hypnosis.

### *Changing your perceptions*

We respond not to external reality, but to our internal representation of that reality. In other words what we perceive becomes our reality. Stress levels can be reduced by undertaking "reality checks" and asking ourselves whether what we might perceive in a given situation is actually true. Sometimes our own mind and our understanding and perception of effecting our lives can cause stress. When this happens it's healthy to take a "reality check" perhaps by asking someone close to us whether we are understanding and perceiving situations correctly.

Contact:  
New Farm Hypnotherapy  
PO Box 1944  
New Farm QLD 4005 07 3254 1373  
[antoine@trancesolutions.com](mailto:antoine@trancesolutions.com)  
[glen@trancesolutions.com](mailto:glen@trancesolutions.com)

Trancesolutions Professional Hypnosis CDs  
[www.trancesolutions.com](http://www.trancesolutions.com) [info@trancesolutions.com](mailto:info@trancesolutions.com)