

Stress

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Matthew Favaloro

Clinical Hypnotherapist

Australia 0416 272 142



Hi and welcome.

In this issue we take a look at stress and its subtle effect upon all of us. I recently watched a show on cable about how suggestible we really are. People were swayed with subtle prompts, you know the ones. The ones that you take for granted that just "slip" into your mind unawares.

An example of this can be found in the lyrics to songs we listen to. Lyrics are usually negative commands put to music! Commands on how to ruin your life. We see the same with films and TV dramas, these usually reinforce negative dysfunctional states of being, which most people will tend to emulate. Ever see a soap drama that was happy, good, or had positive messages to live by?

This pool of negativity is all around us, and acts towards reinforcing background stress, which adds to our own stress levels blocking our energy and affecting our immune system, compromising our health and happiness. Are you addicted to television news, soaps, films, and newspapers? Do you find yourself endlessly pulled into family dramas or even dramas at work or with your friends? If so, then your stress levels may well indeed be high.

The trick to get around background stressors is to be "*consciously*" aware of this negativity, so it won't have an *unconscious* effect upon you. Simply say "*Delete*" in your mind when you feel its subtle influence, and focus on positive outcomes instead. By just being aware of it, you change the pattern and effect of the negative commands around you.

Hypnosis is a powerful tool for detoxifying yourself from the negative influences around you, and creating a mindset of health, happiness and wellbeing. This brings personal power into your life and helps you establish personal charisma!

So all who meet you will enjoy your company and influence.

Enjoy this newsletter,
And good health to you always

Matthew Favaloro

Dip C.H., M.A.S.C.H., A.C.A

On the web

<http://www.alternatives.com.au>
matfav@alternatives.com.au

This newsletter and the information contained within does not intend to replace medical advice. It is not meant to be used for self diagnosis or treatment of medical or physical problems, either directly or indirectly. The intent is simply to offer information of a general nature to assist you in the quest for health and physical fitness

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Mind Mastery Prompt

Every time you have a negative thought, say "*Delete*" in your mind. The trick is to be "*consciously*" aware and replace the negative with a positive thought

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Stress Test

I saw this fellow in my clinic around 20 years ago, who couldn't sleep and came to see me for relationship problems. I asked him if he was stressed and his answer was "no". Yet to look at him, his body language told me otherwise. His face was locked into an anxious expression, he was tired, couldn't relax, couldn't even think straight— Worked a 12 hour + day, and yet his answer to me was, "No, I am not stressed". He worked in a high corporate job with deadline pressure etc, and probably enduring the same stresses as you do.

Yet, this high level of stress was "normal" to him, and he could not see his stress or stressors at all.

There is an old story that if you put a frog into boiling water, it will jump out instantly. But if you put a frog into cold water and then heat it, the frog remains unaware of the temperature increase, and by the time the water boils it is too late for the frog. People are the same in how they handle Stress, Anxiety and Fear. There is no real acceptable level of stress, only levels of skill in coping. Hypnotherapy is an invaluable tool that gives you the necessary skills for reducing stress even the stress that you're not even aware of and class as normal living.

Stress Test (answer honestly)

- 1 How do you handle your stress ?
- 2 Does it appear normal for you ?
- 3 How would you know otherwise ?
- 4 Can you recognize burn out ?
- 5 Are you 50% anxious all the time ?
- 6 Do you feel Depressed ?
- 7 Do people say "you look Tired or Anxious" ?

Stress can be a big killer, yet stress is unavoidable in our modern society.

Stress has often been behind: *Heart Attacks, Elevated Blood Pressure, Decreased Life Span, Nervous Breakdowns, Impaired Thinking, Endless Mind Chatter, Worry, Burn Out, Depression, Workplace Rage and Road Rage.* Just to name a few.

Stress can also be caused by *Trauma, as in - Post Traumatic Stress Syndrome (PTSD)*, where symptoms range from recurrent, intrusive and distressing memories of a traumatic event and the memory is repeatedly replayed in the mind under its own volition. This can be emotionally crippling, as the sufferer physically and emotionally responds to the past event as if real and in present time. Detachment and withdrawal from family, friends and society in general is common.

Stress is also often referred to as "Anxiety", which is a nice word for Fear.

Anxiety can lead to *Panic Attacks, Phobias* and an exasperation of the above symptoms and more! Such conditions can lead to sweaty palms and body, emotional swings, outbursts, and a whole range of unrelated symptoms that can be very debilitating.

Many people will say, "Oh, I am not stressed, although I am under a lot of work pressure, I can handle it". On the contrary, people have a remarkable ability to reset their level of high anxiety and refer to it as a normal state of being! And worse than that, stress in our society is seen as a weakness, you could lose your job, or your standing in society, which leads many people to hide their stresses and anxieties and use props such as alcohol or cigarettes as coping mechanisms.

Managing Stress

While relaxing hobbies are encouraged, these may not fully meet our need for handling stress, or the ongoing relentless stressors in our lives. Hypnotherapy is an effective tool for retraining the mind and learning skills which could literally mean the difference between failure and success in our personal health, career and life coping skills.

You may have the most expensive car in the world, but if you do not put oil in the engine, it will seize up just the same as a cheap car! What oil is to an engine - Relaxation and Hypnotherapy is to the mind - It keeps it working well!

The Brain and Stress



Hypnotic trance states can reduce stress levels in a safe, healing and natural way. Not only that, the brain can learn how to trigger these states at will. You can do a meditative brain workout and feel on top of the world.

Science has recognized that there are four major ranges of brain wave oscillation apparent on an EEG. We cycle through them when we rest, sleep or meditate.

The cycle of oscillation at around **14 — 20 cps**, is known as **Beta Brain Wave State**. This is the state of normal conscious awareness, everyday alertness, and where we spend most of our day — in aware consciousness. Now, although we do cycle from Beta, Alpha and Theta at various times throughout the day — naturally, it is in Beta that we experience our full range of emotions and it is in this state that we "worry" and "stress" the most. Interestingly, 25 + cps, is known as hysteria.

The cycle of oscillation at around **7 — 14 cps**, is known as the **Alpha Brain Wave State**. In this state the mind is able to visualize, yet remain alert and relaxed. The body and breathing relaxes and around 20 minutes of alpha meditation is equal to approximately three hours of body relaxation and regeneration. Alpha is the creative cycle of the mind. Alpha states of awareness occur naturally in the awake state and also while you sleep (i.e. the dream state). The cycle of oscillation at around **4 — 7 cps**, is known as the **Theta Brain Wave State**. This is the state of deep relaxation. Theta is experienced frequently by experienced meditators. If awareness is maintained, you may experience psychic phenomena and/or out of body experiences. Both Alpha and Theta states are times when the body repairs itself and cells regenerate.

Finally, the cycle of oscillation at around **0 — 4 cps**, is known as the **Delta Brain Wave State**. This is the state where we experience our deepest stages of sleep. It is impossible to have any conscious awareness at this level of brain activity. Presently, the Delta Brain Wave State remains virtually uncharted. The brain wave states of **Alpha** and **Theta** are the most effective for stress reduction and healing. Let me teach you how to access these states naturally.



Stress and Students

Students are under a remarkable amount of stress. The pressure cooker of study, memory and exams becomes apparent when you read about students who suicide because of such pressure. The sad thing is that students are very good at concealing stress, to the point that when a tragedy occurs, it bewilders the parents completely! Parents can unwittingly add to the overwhelming stress of study by pushing their children to achieve beyond normal expectations.



Students and Exams

The greatest stressor is exams! This is a time when many students are likely to crack. This type of stress undermines their self-esteem and worse still, creates a failure pattern for life! This can be greatly offset by a course of hypnotherapy for study, memory and recall. Hypnotherapy is a secret weapon for success and well-being.



Effective Hypnosis

Some refer to the shift in consciousness that the Hypnotherapist facilitates as induced somnambulism, or simply a "trance state", where the action of the subconscious mind is readily called and acted upon with specific professional suggestions and commands.

Trance States can be light, medium or heavy. Regardless, your therapist knows what level you need to attain for best results. Be sure to understand that you will never do anything against your own will or moral code of behaviour. You work with your therapist at all times in producing the desired result and change that you want.



Tai Chi for the Mind ?

Hypnotherapy is the inner work you do to achieve peace of mind. It is a "*Master Therapy*". Greek myths, stories and legends tended to map the human psyche. "Hypnos" (Altered States and Trance) was a Greek God who would put men to sleep with his wings or magic wand. He was the harbinger of much needed rest to the weary.

His brother was "Thanatos" (death), who was said to rule the night. Hypnos had a son "Morpheus" (Dreams and Visions). All represented pathways for people to access different states of consciousness from within. The sleep temples of ancient times were renown for their power to heal body, mind and spirit.

Is Hypnosis Safe ? Hypnosis is absolutely safe. I am bound by a professional code of ethics

Can I be Hypnotised ? Anyone with average intelligence can be Hypnotised. With practice, a better trance state can be achieved. Everyone is suggestible, as that is a natural function of the mind. Trance states vary, deep does not always mean best. During your first session, your needs will be assessed.

Will I be unconscious ? No ! I work with your conscious to **sub**-conscious mind connections. You are always aware, but not bothered. You won't lose control or say anything you don't want to when hypnotised

How many sessions do I need ? That depends on what needs to be done. I work efficiently towards the desired outcome that you wish to achieve. I am here for you 100%.