

# Beating the blues with Clinical hypnosis

The sub-conscious mind is a really powerful mechanism, controlling our basic instincts, reactions and critical functions that keep us alive and healthy. Tapping into this sub-conscious thought processes via clinical hypnosis can bring about several benefits, especially in terms of stress-reduction, because some of the basic fears can be better managed.

**H**ave you ever experienced a slightly jumpy feeling when you are thinking about something that you don't really want to do?

Does this nervous feeling become more intense the more you think about the task you're dreading to take on, much less harbour any hopes of completing?

When faced with such situations, some people find that they start to get sweaty, their hearts beat faster and they have a nervous, nauseous feeling in their stomachs.

The closer they get to the dreaded task or appointment, the worse these sickening sensations become. And, if left unchecked, this continuously escalating fear can lead to stress, obsessive negative thoughts, low confidence and at worst, panic attacks and phobias.

However, this trepidation need not be a debilitating handicap that almost completely immobilises a sufferer because it is possible to better manage this largely psychological encumbrance.

The simple fact of the matter is that everyone experiences anxiety every now and then. It is simply a natural response to any challenging situation, and it helps trigger either of the instinctive reactions to overcome the hurdles presented – fight or flee.

However, choosing the reaction need not be an instinctive decision unless we let it be so. Chances



are, most times, the reaction opted for would be to flee because it is an easier choice when compared to the gumption needed to stay and fight.

But, is it always wise to always flee from life's challenges?

At times, certain amounts of anxiety can even be useful; spurring us to do something that we might otherwise put off. The mental fortitude to overcome seemingly insurmountable obstacles has often produced results that many admire; the individuals too are proud of their achievements.

Still, it is very difficult to be always on an adrenaline high because there is a price to pay in terms of both physical and mental exhaustion.

## FEATURE

### 70% of the things we worry about never happen

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Repeated anxiety can therefore, on the extreme end of the scale, cause people to become irrational and can lead to physical and mental health problems.

The extent of these problems vary as different people react to anxiety in different ways.

Still, it is nice to know that 70% of the things we worry about never happen. It is also nice to know that the conscious mind creates most of our problems, but given half a chance, the sub-conscious mind can sort out the mess.

All we need to know is the method to get in touch with our sub-conscious minds and this is a large part of what clinical hypnosis is all about as the way you think directly affects how you feel.

In the wonderful relaxed state of hypnosis, you leave behind the problem-causing conscious mind and connect more and more fully with your problem-solving sub-conscious that is tuned to your basic live-preserving functions and responses.

Thus, by tapping into this lower level consciousness, you can better address your fears at the point where they first manifest.

Many individuals, however, are skeptical if this form of therapy actually works. Do note that hypnotherapists work by helping people beat the blues on a regular basis.

So ask yourself; has your anxiety gotten out of hand? Are you getting angry on a regular basis for no good reason? Do you have a powerful and constant fear of an object, situation or individual (phobias)? Have you lost your sense of confidence?

A clinical hypnotherapist can show you how to reduce your anxiety and fear levels. In fact, in the hypnotic state, you become so mentally and physically relaxed that it is impossible to feel anxious.

Now you are ready to change the way you react to all those things that were worrying you. Making these changes is much quicker in the hypnotic state than in the normal conscious state. Many people are also able to forget their phobias after one or two sessions of clinical hypnosis.

Your hypnotherapist will help you focus fully on your desired outcome. This can be as simple as feeling calm and confident or as complicated as removing the fear of spiders.

Studies show that in the hypnotic state, the areas of our brain associated with learning become active. Hypnosis will help you to engage your conscious decision to be in control, and will utilize your problem-solving positive unconscious, so you are using more of your own brain to solve your problems on the same outcome.

In other words, both the conscious and the unconscious part of the brain are engaged.

The clinical hypnotherapist will connect you to your unconscious mind and show you how to focus on positive images and outcomes. Increasingly you leave the negative self-talk and scary feelings behind.

And quite naturally, you start to feel more confident not just about yourself, but about the things that you do.

Clinical hypnosis can be used to treat a variety of other problems. There have been high success rates with patients who are present for the treatment of anxiety, depression, eating problems, phobias, stress, insomnia, panic disorders, low self esteem and lack of confidence, smoking cessation and nail biting; just to name a few.

*More information on hypnotherapy can be found at [www.hypnosis-malaysia.com](http://www.hypnosis-malaysia.com) or by sending email queries to [info@hypnosis-malaysia.com](mailto:info@hypnosis-malaysia.com).* **OH!**

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This article brought to you by [The Principal of London College of Clinical Hypnosis](#)