



The Parts of Our Mind

Our minds have two important parts, each with distinct functions. The conscious part that we use to perceive the world around us and to make decisions such as “wanting to overcome our fear”, makes up the smaller part of our mind.



The subconscious part on the other hand, stores our memory, habits, beliefs, behaviours, personality and self-image. It makes up the greater part of our mind and controls our automatic bodily functions such as breathing and digestion (notice you don't have to consciously think about doing these things). Imagine that the human mind is like an iceberg, the conscious part, the portion that is visible above the water and the subconscious mind is the large ice mass that remains below the water's surface.

Anxiety and Stress Management

Anxiety can be best defined as what we imagine will happen in the future concerning an event or situation. It is essentially a learned anticipatory response. For people to exert themselves fully and to pursue various goals, whether sporting, academic or creative, it is necessary for them to experience some degree of anticipation. However, each of us has an optimal level of anticipation for any given situation, and when it rises to high, it inhibits rather than assists our performance or achievement of our goal.

How Hypnosis Can Help

So one of the major reasons for using hypnosis is to improve your self esteem and confidence. If you truly believe in your own abilities, you will find it much easier to persuade other people of those abilities. Feeling good about yourself has a valuable affect in many areas of life, from improving your relationships with colleagues or those of a personal nature to achieving goals in every area of life.

Feeling Confident

Confidence and motivation have a key role to play for getting the best from any performance. So whether you're an athlete running a race, an actor playing a role, a composer writing a symphony, or a student studying for an exam, hypnosis can be used to help you prioritize and better achieve your goals. Above all it allows people to have greater confidence and to assist them to limit any destructive feelings of self doubt while allowing them to keep their anxiety at exactly the right level so that they can achieve the best results in those things that they find important in life.

Hypnosis may be used to increase your confidence and your self acceptance by asking you to imagine yourself standing tall, seeing, being and believing who you really are. Hypnotic suggestions can help you to re-program your subconscious mind and replace any past negative programming. Through positive suggestions given during hypnosis you can begin to see yourself as confident and become certain of your own abilities and talents.

Stress

Stress develops over time. It is the result of our continued experience in life situations where conditions fail to meet our expectations. Often we continue to situations in the same way, using the same strategy over and over whether or not the strategy is effective at solving our problems. Hypnosis can help you break these thinking patterns and provide suggestions that encourage new and effective strategies to better manage your life situations and problems. It can assist you to take control over your life and re-program your subconscious mind so that you get more of what you want and less of what you don't want.