



## Keep your Christmas cool

Christmas... it's the 'most wonderful time of the year' as the song would have us believe. However, it is no co-incidence that January is the busiest time of the year for divorce lawyers and for good reason too!

Picture the scene: it is three days before Christmas and there are still presents to be bought, the house to be cleaned in preparation for all of those festive visitors, a hair appointment to be made, Christmas parties to attend, the children are off school (and wildly excited!), your to do list is 30 items long and still growing, parcels to be posted and don't even get me started on facing the supermarket for the 'big shop'... oh and just the thought of all of that wrapping makes you want to weep!

Stress is the silent modern day killer. By releasing excess cortisol following the trigger of the 'fight or flight' response, our body is under attack by a chemical rollercoaster of adrenalin as a result. This excess cortisol can be responsible for a huge range of symptoms and conditions including Insomnia, IBS, depression, weight gain, allergies, migraine, colitis and high blood pressure to list but a few!

Smartphones, rather than lighten our workload actually increases our capacity to squeeze even more into our working day. What was once a chance to read or listen to music on that daily commute is now an opportunity to check and respond to emails before we even enter the office. I have noticed a massive increase in the amount of people seeking help for stress and anxiety and when I ask how they like to relax, the answer is invariably the same: "I don't".

I always ask people **how they would like things to be different**. How would you like to respond? After all, we cannot change the everyday stresses around us but we can change how we perceive it.

I use a combination of hypnosis and NLP techniques to change the response to stress so that we can see and view things differently. **Sometimes our habits and responses are so ingrained that we don't even consider that we have a choice in how we can respond to stressful situations**. Self hypnosis can help you view things differently. Ultimately our thoughts are our actions, which become our behaviours, habits and values. By changing how you think, you really can change your life.

Next month I will be talking about setting and achieving your New Year's Resolutions.

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