



Self-Hypnosis for Stress Management and Stress Relief by Peter Field

Stress is simply the way we feel when too much pressure is placed on us.

It is such a far reaching condition that its effects are thought to be felt in practically every kind of illness, every kind of disease.

Yet so few of us really have an effective stress management strategy in place in order to bring about the essential stress relief that we need.

A certain amount of stress, of course, can be beneficial. In small to moderate amounts, it really doesn't hurt and, indeed, may be necessary in order to motivate us into getting things done and prodding us into performing at our very best.

But when stress takes on too much of a driving, overpowering role, it can exact a real toll and have truly damaging effects on both our mental and physical health.

Such, unfortunately, is the case in many industrialised countries such as the UK, the US, Canada and Australia today, where the most common mental health issues are anxiety and depression and in which stress plays a major underlying role.

At work, stress can turn us into jittery, anxious and resentful workers, unable to function as we really should; while at home, stress can provoke marital conflict and problems with children.

Often, we are able to notice the signs of stress in others much easier than we can in ourselves.

Yet even if we are only too well aware that we are suffering from stress, few of us really know how to manage stress. We simply lack the stress management and stress relief strategies for dealing with and releasing it.

And so alcohol, drugs, tranquillizers and anti-depressants are regularly turned to in an attempt to escape from and cope with the often devastating and frequently incapacitating effects of stress. But such attempted remedies are far from being effective stress treatment; they are temporary at best and short sighted at worst.

Often they just serve to complicate and worsen an already difficult situation.

Yet there are other ways to deal with and manage stress that are really effective and far from harmful. Meditation, yoga, good nutrition and exercise are all classical and effective methods of stress busting. (In fact, we recommend that everyone engages in some form of regular exercise.)

But for sheer effectiveness and rapidity of results, few things can match the power of self-hypnosis for stress management and stress treatment.

This is because in hypnosis you can experience a state of being that is so far removed from stress that it has sometimes been referred to as 'a state of grace'.

Indeed, self-hypnosis offers a method of completely releasing stress, providing a valuable way - through post-hypnotic suggestion - to manage stress and anxiety. Correctly done, it can provide effective stress treatment and ongoing stress relief far beyond the actual self-hypnosis sessions.

And the amazing thing is that practising self-hypnosis needn't take forever.

Here in the UK, we teach people how to enter a deep trance state in a matter of seconds. Remaining in this wonderful, calm state of hypnosis for a few short minutes, they are able to let go of and free themselves from the harmful and potentially devastating effects of stress.

But you do not need to learn self-hypnosis from a hypnotherapist or a hypnotist. True, this is the easiest, most rapid and effective method of mastering the art of self-hypnosis since, correctly done, it is taught while actually in the trance state, but it is not the only way. There are many good books available that take you step by step through the process.

One thing is sure: time invested in learning and practising self-hypnosis pays very real dividends in the area of real stress management and stress relief. It is an extremely potent method that enables you to manage stress and is perhaps the most effective stress treatment there is.

If stress is something you find yourself struggling with on a regular basis, self-hypnosis - together with good nutrition and moderate exercise - is the very best stress management and stress relief tool you could use.

Peter Field is a leading British hypno-psychotherapist and originator of AIROTherapy™ with practices in Birmingham and London, UK. He is the author of numerous articles on psychotherapy, hypnosis and health and his articles are currently published internationally by more than 200 different websites. He is a Member of the British Association for Counselling and Psychotherapy and Fellow of the Royal Society of Health. For more of his interesting and informative articles visit his website:

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