



# PeterField Hypnotherapy

*When you're truly ready for change*

## Overcome Anxiety & Stress \*

by  
**Peter Field**

If you are human then you have already experienced anxiety.

Indeed, anxiety is something that each one of us is certain to have felt, in one form or another, at some time in our lives.

As such, it's nothing to be alarmed about. In fact, a certain degree of anxiety can be beneficial. Occasional and brief spells of minor and temporary anxiety can spur us on, giving us 'the edge'. It can keep us on our toes, allowing us to perform to a greater degree of excellence than we ever could without it.

But chronic and habitual anxiety is entirely different.

This kind of anxiety can be overwhelming and truly incapacitating. It can cripple us and even prevent us from functioning normally in otherwise quite ordinary circumstances.

Moreover, anxiety can seriously affect and compromise our health.

Chronic anxiety - anxiety experienced on a regular basis over an extended period of time - can have alarming consequences. It can weaken the immune system and lower the body's natural resistance to infection, leaving us prey to all manner of illnesses.

Long term anxiety can increase blood pressure, placing excessive strain on the heart and vital organs. And anxiety can dramatically increase the chances of stroke. Digestive difficulties, Irritable Bowel Syndrome, headaches and even skin problems can all have their origin in anxiety.

If you are experiencing real anxiety then it really is best to visit your doctor or medical advisor, just to make certain that there are no underlying physical reasons for this. Once physical reasons have been eliminated, you are left with the decision of what course of action to take.

Usually, the medical response is to prescribe pharmaceuticals. Drugs such as SSRIs (Selective Serotonin Reuptake Inhibitors) or tranquilizers are offered in order to cope with the symptoms.

But these powerful drugs can have serious adverse side effects for some people.

Another approach is to enter into a course of cognitive behavioural therapy. This 'talking therapy' is intended to help the sufferer cope with the symptoms of anxiety. Its goal is to help the individual develop strategies for managing the symptoms of anxiety.

Yet it is important to realize and understand that anxiety is a feeling generated by the subconscious mind. It is based on the belief that something bad is going to happen.

And so it is to the subconscious mind that we may best turn in order to find a lasting solution to the problem.

And this is exactly what good hypnotherapy does. In hypnosis, we can realign the subconscious mind with reality, allowing it to become calm and more relaxed, to rapidly stop the alert process that is incorrectly functioning and producing those anxious feelings.

No-one was born to feel anxious. Through the medium of modern advanced hypnotherapy, you can learn to let go of those anxious feelings and stop them just as soon as they start.

**\* IMPORTANT:** This Information is not a replacement for medical advice. Be sure to contact your doctor if you're experiencing symptoms of anxiety.

*Peter Field*

**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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