

Use self-hypnosis to manage stress

Question: I enjoyed your column on stress last week. What do you suggest in dealing with stress that is overwhelming – when you must get control instantly?

Answer: You can use a natural form of self-hypnosis by simply letting yourself really enjoy taking a break whenever you want to throughout the day. This can be for as little as two to four minutes at a time. Walk away from your momentary stress. Find a quiet place and perform the following steps.

Step 1:

You merely close your eyes and tune into the parts of your body that are most comfortable. When you locate the comfort, you can simply enjoy it; and then allow it to deepen and spread throughout your body all by itself.

Comfort is more than just a word or lazy state. Really going deeply into comfort switches on your parasympathetic system – your body's natural immune system, and something that's called your ultradian healing response. This is when your body naturally rebuilds, renews, and restores itself. This is the easiest way to maximize the rest and healing phase of your body's natural biorhythm.

Step 2:

Now, as you explore your inner comfort, simply wonder how your creative unconscious is going to solve/resolve whatever symptom, problem, or issue that's causing you discomfort, whether it's depression, anxiety, anger, or stress related.

That's right; you just turn your problem over to your unconscious. Then you just relax your conscious mind for the two, three, or four minute period you choose.

You see your unconscious is the inner regulator of all your biological and mental processes. If you have a stress problem, it's usually because some unfortunate programming from the past interfered with the natural process of regulation within your unconscious. By accepting and letting yourself enjoy these normal periods of relaxation as they occur when you want throughout the day, you are allowing your body-mind's natural self-regulation to manage and resolve stress.

Your attitude toward your stress toward yourself is very important during this form of self-hypnosis. Your stress issue is actually your friend! It is just a signal that creative change is wanted in your life. During your periods of comfortable self-hypnosis, you will often receive quiet insights about your life, what you really want, and how to get it. A new thoughtfulness, joy, greater awareness, state of health and mastery over stress can result from the regular practice of this simple self-hypnosis.

Quote of the week: *"You may not be responsible for your heritage, but you are responsible for your future."* – Unknown