



LAURA DAVISON, LPC, CPH



A Self-Hypnosis Strategy That Can Help You Feel Calm

Relax With Self-Hypnosis and Feel Your Stress Melt Away

Reach out to me at WestHoustonHypnosis.com



Like most people, you probably have more stress and anxiety than you want in your life. Stress and anxiety are phenomena everyone has to deal with on a regular basis.

With self-hypnosis, you can take back control of your emotions and your life. It can take some time to master, but it's well worth the effort involved. It's a great tool to have at your disposal.

Use these 5 simple steps to reduce stress with self-hypnosis:

- 1. Turn off everything that could be disturbing or distracting.** Turn off your phone, computer, TV, stereo, and everything else. Peace and quiet are necessary so you can fully relax.
- 2. Get comfortable.** Find a body position that will allow you to fully relax, but not fall asleep. Sitting in a comfortable, but supportive, chair works well for most. *You might feel a little cold as you relax deeply, so a light blanket might be good to have on hand.*
- 3. Close your eyes and imagine you're floating in a pool of warm water.** You can feel the warmth fully penetrating every part of your body. Your body is so relaxed and your mind is so calm.
- 4. Imagine a chalkboard floating a comfortable distance in front of you.** Imagine holding a new and perfect piece of white chalk. It's large and comfortable in your hand. In your other hand, you have a brand new eraser that always works perfectly.

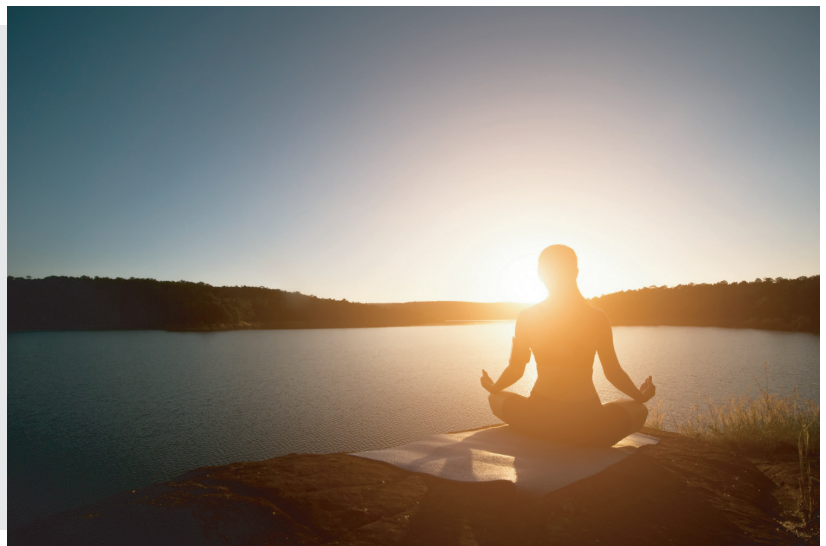
- ◆ Start by writing the number 100. Then erase it and feel your body becoming more relaxed. Continue writing, erasing, and relaxing until you've counted down all the way to the number 1.
- ◆ If you lose track, go back to the last number you remember and start over there. It's challenging to stay on task and not have your mind wander.



5. Now picture a door. It's a perfectly handcrafted wooden door. It's slightly rough and warm to the touch. The door opens easily, and on the other side you find your ideal environment. It might be a beautiful beach, a meadow by a mountain lake, or a beautiful garden. *It's your space, so make it whatever is pleasing to you.*

- ◆ Enter this perfect space and make it even more perfect. Add or subtract trees. Are there birds? Add whatever items, sounds, and feelings you require to make the space as perfect as possible.
- ◆ Remember that you can do whatever you want here. Take the time to create the ideal setting that feels the most peaceful to you.
- ◆ Enjoy this space for as long as you like. *As a general rule, the more time you're able to spend in this perfect, imaginary space, the longer you'll be able to maintain the feeling of relaxation.*
- ◆ It might be a good idea to set an alarm if your time is limited. That way, you won't be worried about the time or be late for something if you fall asleep.

It's important to practice your self-hypnosis during times of mild stress and anxiety. The technique will then be more available to you during times of greater stress. Self-hypnosis is a great technique. If you learn how to use it, then stress will indeed melt away leaving you relaxed.





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Research in Medical Hypnosis

Self-Hypnosis is so easy, even a child can do it!

“Statistical analysis showed a significant association between decrease in headache frequency and self-hypnosis training ($P = .045$). (Study done with Children ages 6-12)”

Self Hypnosis Proves Useful in Juvenile Classic Migraine. (1987). *InPharma*, 585(1), 14-14.

Breast Cancer: The results support CBTH (cognitive-behavioral therapy plus hypnosis) as an evidence-based intervention to control fatigue in patients undergoing radiotherapy for breast cancer. CBTH is noninvasive, has no adverse effects, and its beneficial effects persist long after the last intervention session.

Jooris, D., & Cohen, L. (2015). Randomized Controlled Trial of a Cognitive-Behavioral Therapy Plus Hypnosis Intervention to Control Fatigue in Patients Undergoing Radiotherapy for Breast Cancer. *Breast Diseases: A Year Book Quarterly*, 26(1), 30-31.

Studies report positive results, including statistically significant reductions in pain and anxiety/distress

Richardson, J., Smith, J. E., Mccall, G., & Pilkington, K. (2006). Hypnosis for Procedure-Related Pain and Distress in Pediatric Cancer Patients: A Systematic Review of Effectiveness and Methodology Related to Hypnosis Interventions. *Journal of Pain and Symptom Management*, 31(1), 70-84.

Chemotherapy patients had less anticipatory and chemotherapy-induced nausea and vomiting. And feeling better, is the first step in recovery!

Richardson, J., Smith, J., Mccall, G., Richardson, A., Pilkington, K., & Kirsch, I. (2007). Hypnosis for nausea and vomiting in cancer chemotherapy: A systematic review of the research evidence. *European Journal of Cancer Care*, 16(5), 402-412.

Results demonstrated that at the end of intervention patients in the hypnosis group had significantly better overall quality of life and lower levels of anxiety and depression when compared to the standard care group. It is concluded that hypnosis is effective in the enhancement of quality of life in terminally ill cancer patients.

Efficacy of clinical hypnosis in the enhancement of quality of life of terminally ill cancer patients. Lioffi and White (*Contemporary Hypnosis* 18(3): 145-160). (2001). *Contemporary Hypnosis*, 18(4), 220-220.



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I am a professional hypnotist, focusing on medical hypnotherapy on the West side of Houston.

I also work with clients worldwide via video conferencing.

I can provide you with the resources you need to feel your best.

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