

# *Are You Walking On Sunshine?...* **Happiness through HYPNOTHERAPY**

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**"I'm walking on sunshine...and don't it feel good"** (Kimberley Rew). Just hearing the words to the 1980's hit song, featured in the new musical 'Walking on Sunshine', can stimulate warm and cheery emotions. It is a common fact that on warm sunny days our mood is generally better and we can feel more motivated to get out and enjoy life. So, what does it mean to be happy, to feel good, and how can hypnotherapy help to create happiness in our life?

In today's modern world we are all too often conditioned to believe that our possessions and peoples' opinions of us are the things which dictate our personal happiness. Many of us put our store of contentment in the outcome of external events, other peoples' actions and behaviours, rather than seeking happiness from within. When we have inner peace we do not allow anyone or anything to shake that feeling.

The way we react to the stresses of our life can significantly impact on our overall health and happiness. When we perceive an event in our life as a crisis, such as our job, relationship or financial situation, our mind receives information that we are under threat and so triggers stress responses in our body. Worrying, fearing the worst, all those "what if" thoughts only serve to clog our mind and tend to wear us down. We can become trapped in a cycle of negative thinking which can cause anxiety, low mood, poor self esteem and feelings of being overwhelmed or out of control.

## **How can hypnotherapy help?**

Even when we are feeling at "rock bottom", by seeking a more constructive way of thinking we can greatly help ourselves to get through the bad times. Hypnotherapy can provide a means of reducing anxiety and managing stress. By helping to change thought patterns at a subconscious level, hypnosis (a deep, relaxing trance where the client is always in control) helps us to form fresh perspectives about our self and our life. To enjoy life we must feel that we have some sense of control over our circumstances. Whilst there will always be external factors out of our control, we *can* control our mind and the way we react to events in our life. Through hypnotherapy individuals can learn how to become more relaxed. The therapy offers a solution focused approach, helping people to change

negative thought patterns and behaviours into more positive thoughts and actions, and so move forward in their life in a positive manner.

Positive thinking and positive activity are so important in our daily lives. When we operate within these positive parameters we stimulate the production of serotonin, the mood enhancing hormone responsible for maintaining a healthy state of mind. Serotonin has a significant effect on our emotions and behaviour. When we are producing a constant flow of serotonin we feel more motivated, more focused, more confident and happier. We have better control in the way we think and feel and are more able to cope with the stresses of life because we are calmer and have greater clarity of thought.

How we think really does affect how we feel. The happiness of our life depends upon the quality of our thoughts. If we change our thoughts we can change our world. So, if you would like to turn up the sunshine in your life and need some help to change your thinking, consider hypnotherapy. I'm walking on sunshine, and boy...**don't I feel good.**

## **So... Did you know?**

- Clinical hypnosis is an extremely pleasant state of relaxation, similar to day dreaming
- During clinical hypnosis you are fully in control at all time
- Negative thought patterns and habits can be changed through hypnotherapy