

*An inspired guide to a
healthy and happy you.*



Mind, Body & Soul

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Sara Maude Hypnotherapy and Psychotherapy

www.saramaudehypnotherapy.com

Tel: 07738672291

sara@saramaudehypnotherapy.com

Introduction

What would it be like to be happy every day? To leap out of bed ready to face the world with a smile on your face? To be best friends with your body? To be in control of your mind and emotions? We all have the ability to achieve that and so much more, but at times we can feel a little overwhelmed and need a helping hand. This booklet is packed with practical information and suggestions to help you take back control of your mind and body, find renewed purpose and inspiration and to remember that life is a gift.

Basic Needs



We all have a set of basic needs. These are hard wired into us and

when they are not met in a healthy and balanced way, our body will strive to fulfil them in another, often unhealthy and unhelpful way. We may find ourselves for example, reaching for food when actually what we need is creativity and stimulation.

These basic needs play a huge part in our mental and emotional well being. Take time to consider how well yours are being met.....

The need for Attention

We need good quality attention from people in our lives. More and more people in the world live alone and unless needs are being met elsewhere, can lead to low self esteem, feelings of loneliness and a lack of connection.

Join a club, do an evening course, join the local gym or a fitness group, anything that gets you out there and talking to like minded people.

Try websites like www.meetup.com to see what's going on in your area.

Mind Body connection

The way we look after ourselves physically directly impacts on our psychological wellbeing.

Small changes make a big difference so get out in the fresh air and get moving. You will get your serotonin and endorphins levels going, making you feel good.

Purpose and goals

Having a purpose or goal helps to provide meaning to our lives. Sign up for a 5K charity run, take up a night class or volunteer for a local charity. Use your time to do the things you enjoy.

Connection to something greater than ourselves

A sense of connection to like-minded people or others who share our perceptions and work for a common goal is important.

It may be being part of a group raising awareness about a shared cause or working for an organisation which shares your values.

Creativity and stimulation

Boredom and a lack of achievement leave us unsatisfied and depressed. Spending time reading about a subject that interests you, learning a new skill or craft or doing anything that stimulates the creative part of your brain will see you feeling happier and being healthier.

Sense of security and safety

Without a sense of security and safety we can get anxious. You don't have to own your home to feel secure. Security can come from having a supportive partner and family or even changing your beliefs about what security and safety mean to you.

Intimacy and connection

It is important to feel that at least one person really knows us for who we are. Intimacy and connection doesn't have to mean a partner, it can just be a close relationship with someone, even your pet!

Sense of control

Feeling that you have no control in a given situation or in life can lead to feelings of hopelessness. In some cases people will over control to compensate for feelings of lack of control. Trying to control people and situations you have no influence over will only suck your energy. Control the one thing you can – you.

The need for status

This is met when you are contributing to something worthwhile and being recognised for your talents.

Remember little steps can create a big change. Joining a running group for example would meet the need for attention because you would be interacting with others; purpose and goals as you work towards a milestone, mind body connection as you get fitter; a sense of control as you are taking action and that makes you feel good; the need for status as you may inspire others to do the

same and it would stimulate you at the same time!

Fight or flight

When you feel under any kind of threat, real or perceived, your body goes into survival mode. This is often termed the fight or flight response. Adrenalin, cortisol and other stress hormones flood your system. Any organs not required shut down including your digestion, immune and reproductive system. Your blood pressure and heart rate increases. The subconscious mind takes over and puts you on automatic pilot. You experience one or more of the following;

- Dizzy or light headedness
- Blushing
- Difficulty breathing
- Butterflies in the stomach
- Trembling/shaking
- Nausea/diarrhoea
- Tightness in the chest
- Tunnel vision
- Dry mouth
- Muscle tension

The fight or flight mode was only ever designed to be a short term response. In the times when we were hunter gatherers it gave us the ability to make a momentary decision to fight the sabre tooth tiger or run away. However modern day life sees us staying in this fight or flight mode for prolonged periods of time which leads to major impacts on physical, mental and emotional wellbeing.

Today's sabre tooth tigers come in the form of managers, relationships, family situations, a bully, losing a job or a loved one, paying the bills, sick children, late trains and so on.

We need the fight and flight response to keep us safe and alert us to real danger. Meeting your basic needs, having good coping strategies in place and learning to control your thoughts and emotions will ensure the fight and flight response activates at the right time in the right situation.

Post Traumatic Stress (PTS)

PTS is highly common and the major

cause for anxiety, depression and emotional unbalance. It occurs when the brain does not process the memory of an event or particular experience or situation. The emotional part of our brain called the amygdala holds on to the memory and is unable to get it past the 'gate keeper' of the hippocampus because there is still a high degree of emotion attached to it. One in 20 men and 1 in 10 women get PTS in their lifetime.



PTS can be driven from anything that causes high emotional arousal. An episode of bullying when you were 9 years old can, if not processed in the brain, affect you in your 40's without you necessarily being aware of it. The common psychological signs of stress and PTS are:

- Inability to relax

- Feeling overwhelmed
- Nervous habits such as nail biting
- Negative emotions such as fear, guilt, worry, insecurity
- Low self esteem
- Worry, anxiety or tension
- Depression
- Becoming addicted to food, tobacco or alcohol as a means of relief

Physical signs are:

- Abdominal cramps, bloating, poor digestion, aches, pains, constipation and/or diarrhoea
- Sleeping too much or not enough; disturbed sleep
- Eating too much or under eating
- Shallow breathing
- Anger

It is good to remember that stress isn't something that 'happens' to us, it results from our reaction to events. We all have a choice over how we respond. We can choose to react to someone angrily, or we can choose to let it go. Post traumatic

stress makes it harder to 'let go' because our responses are so automatically ingrained. Hypnotherapy can process PTS in one session giving you back control over your emotions and your life.

Coping strategies for a healthy life

If the body floods with adrenalin it will spill into tearfulness, anger, rage, hopelessness. Imagine the adrenal gland as a beaker and every day it needs emptying to stop it over flowing.



One way of doing this is to *breathe!* When you get stressed, your breathing changes and a biochemical signal is sent which gets the adrenal gland ready for action and a message fires off to a part of the brain that tells you that you're in danger. By breathing slowly and deeply, you can change the

chemical messages in the brain and take the body off high alert.

Focus your attention on your tummy and imagine it is a balloon and as you breathe in it fills with air and as you breathe out, it deflates. Let the out breath become much longer than the in breath. Do this for a few minutes and really notice the difference.

Take regular breaks! Yes you have heard this before but do you know why? Every 120 – 190 minutes our brain experiences an ultraadian movement where it shifts from left to right. If we don't take a natural break and allow the brain to do this the effects are like an in-tray that keeps building and building and will eventually overload.

You can't alter how people respond to you but *you can change how you respond to others*. So stop putting your energy into what you can't change and focus on what you can change.

Time out for yourself isn't a luxury it is essential for you and your mental and physical well being.

Find what works best for you; meditation, yoga, gardening, going for a walk, having a massage or reflexology, cooking, running, dancing, reading, being around nature, walking the dog, a warm bath with some candles, listening to music or simply snoozing in the sun shine.

Mood and Food

The need to eat and drink is driven from the unconscious part of us and our body knows what it needs for balance. Yet all too often we override our internal communication system and eat the foods we 'think' we want or need. Like a child that pushes away food when it's full, you can learn to listen to your body.

Start by learning that diets based on restriction don't work! Most people end up in a battle of will power.

Throw away your scales! They are instruments of torture!

Stop thinking about the external view i.e. what you look like in the mirror. You probably look after a car more lovingly than you do yourself! Yet here you are in a vehicle that will get you from a – b all your life! The food you eat affects every cell in the body. Look for signs that your body may be trying to communicate with you such as dry skin, thinning brittle hair, inflammatory responses, poor digestion, low energy levels, lack of concentration or being easily irritated.

Your brain is more than 60% fat. Fat's are an essential part of our diet and play a big part in our emotional and mental well-being. Our body cannot make the essential fatty acids they need so they need to come from the food we eat. Those trying to lose a few pounds often fall in the trap of cutting out all fat from their diets which can lead to health problems and lack of energy. Good fats are those such as

nuts, avocados, seeds, eggs and oils which while high in fat, are low in saturated fat.

Watch your blood sugar levels! Sugar converts the quickest in the body which is why you get the 'sugar' hit as it turns to glucose. While it may seem a good idea to reach for something high in sugar when you are tired, if the glucose isn't burnt off it gets stored as fat.

If you find yourself craving something sweet or starchy, eat something protein rich – fish, cheese, eggs or tofu – instead. This will balance your blood sugar levels and get you off the rollercoaster that perpetuates the craving cycle.



Follow these simple guidelines to create more energy and vitality;

- Eat complex carbohydrates which give slow releasing energy Eat breakfast! You wouldn't try and start a car that had no petrol in it so the same applies for you
- Remember that while fruit and dried fruit is good for you, it also contains sugar so stick to a couple of portions a day
- Your body is around 75% water and needs 6 – 8 glasses of water a day for optimum health. Add a slice of lemon lime or ginger if you don't like the taste of water
- Too much caffeine will simulate anxiety as it releases adrenaline, so cut back slowly on your daily intake
- Make time to eat. As well as being a benefit to your digestion system, it is also more 'mindful eating' which stops you from just 'throwing something down'. Pay attention to your food and what goes into your mouth by not eating in front of the TV
- Follow the 80/20 rule – Eat well 80% of the time and allow a treat or enjoy a special occasion the other 20% of the time
- Eat until your 80% full as it takes 20 minutes for your brain to register it is full
- Listen to what your parents told you and chew your food properly! Your digestion and taste buds will thank you for it and you will get fuller quicker
- Introduce small changes to your lifestyle each week for a more sustained way of life
- Never go 'cold turkey' in an attempt to cut certain food groups out of your diet, instead gradually reduce them.

Boost your body's natural chemicals

Your body doesn't need pills to make it feel good or more energised, it has its own inbuilt pharmacy.

Serotonin promotes slow wave sleep, regulates appetite and mood and is also responsible for managing your pain gates. It is made from tryptophan which is an amino acid found in proteins such as poultry, oily fish, beans, baked potatoes,

oats, nuts and seeds, hummus, sweet potato. Serotonin is also produced when you are in deep sleep.

Dopamine promotes our alertness, motivation and feeling good about ourselves. Again it is made from amino acids and can be found in meat, fish, beans, nuts, nut butters e.g. almond, cashew, brazil, available from health food shops, seeds, soya and cheese.

Acetylcholine is responsible for memory and learning. It is made from a type of fat and can be found in eggs, fish, soya beans, corn and peanuts.

The cycle of depression

When we are worried about something, we ruminate on it and chew over it again and again. This raises our arousal levels and if we don't find a way of dealing with it, it leaves a residue. The dreaming brain takes over and will dream out the situation in an attempt to 'complete the loop' and lower the emotional arousal. In cases of high emotional

arousal, the body will spend longer in dream sleep and not deep sleep. Dream sleep is the REM state and is paradoxical sleep i.e. you are fully conscious. Deep sleep is really important for the body to do its housekeeping and produce the chemicals we need to sustain a happy and healthy body.

Depression robs the body of the natural chemical serotonin. Because you lack this, you awake and find you are tired because of the lack of deep sleep, you then start to continue to ruminate on what's worrying you and the cycle continues.

There are many ways of breaking the cycle and below are just some of them. A session of hypnotherapy will relax that over worked mind, get you sleeping better and put you back on the right pathway.

Inspired advice for healthy and happy lives

Exercise. I know you have heard it before but we are going to tell you again! Find ways to weave exercise into your life so it doesn't feel like

something you have 'to do'. With regular exercise you will see your reliance on caffeine to get you going diminishing, your energy levels increase, your concentration improves, your ability to think straight get stronger, your memory improve, you feel better about yourself and your body gets toned up. Exercise also boosts your serotonin levels and gets your endorphins pumping...I wonder if a brisk walk around the park is looking quite inviting now!

Reach for the thoughts that make you feel good and then practice holding on to them. If for example you have had a bad day at work, don't tell the story about it because that won't make you feel good! Don't ruminate on the conversations or events of the day because that will only serve to make you tense and may affect your ability to have a good nights sleep. Instead let go of the thoughts and think of something else that makes you feel good. It may be something you have planned for the weekend, it may be a memory of time spent

with your partner or it could just be an inner knowing that you don't have to think this way and how good it makes you feel to know that. The more you can get a hold of your thoughts, the greater control you will have over your emotions. After all why would you choose to feel anything but joyful, elated, on top of the world, clear minded, creative, enthusiastic or eager? What will it be like when you can feel like that for most of your day?

Reach for your resources. Sometimes we can't see the wood for the trees when it comes to our own resources. Anyone who has been through a relationship breakup may feel a sense of hopelessness and won't be able to see their ability to maintain a relationship, persistence, commitment, ability to connect with someone as resources.

Make a list of your own resources and you will be surprised at just how many you have!. Even having a

sense of humour is a great resource to get you through tough times.

Banish those beliefs. A belief is just a thought that you keep thinking. Remember that we once believed the world was flat until someone convinced us otherwise! Your beliefs can be friend or can be foe if they are holding you back.

Do any of the below resonate with you?

- That's typical of me, I never have any luck
- My life will never change
- I'm not as clever as other people
- I'm rubbish at.....
- Knowing my luck it will go wrong
- They will never fancy me
- I'll never get that job

We may laugh when we say these, but the power of your words has a **BIG** impact on your subconscious mind and if you hear something often enough or you say something often enough, you will start to believe it.

Start by being aware of the words you use. You have the potential to do anything and be anyone if you only....



Get into gratitude. Take a few moments every day to really savour what you have, what makes you happy and give thanks to it. It can be anything from being able to wake up in a warm bed, enjoying a piece of cake with a cuppa in a cafe while watching the world go by, a walk with your dog in the fresh air, a walk along the sea front or the people in your life that make you feel good.

When you create feelings of thanks and gratitude, you change the feeling in your heart. Your heart is the most powerful organ in the body, it is 1000 times more

powerful than the brain. Just think what effect having a heart bursting with gratitude can have on your mind and your body.



Get happy now! So many times I hear people say 'I'll be happy when I lose a stone', 'I'll be happy when I retire', 'I'll be happy when I get a boyfriend', 'I'll be happy when I get a place of my own'. What about being happy now? Happiness is an emotion and if you reach for thoughts that make you feel happy, you can be happy now! As I have seen with so many of my clients, when you spend more time focusing your attention on feeling happy now, the rest falls into place and you find yourself attracting new things into your life.

Reclaim your evening. How many of us waste time slumped in front of the TV? Have a TV free evening and

spend it instead talking to your partner or phone an old friend; have a hot relaxing bath or read a book. Learn about something you have been interested in for a while but have done nothing about yet.

Create a Bliss Board. Take a large sheet of card and fill it with pictures, captions or words that you want your life to reflect. So many of us know what we don't want, but are not clear what we do want. Fill your board with anything, think big! Pin it to a wall in your home so that every day you are reminded of what you do want.

And finally.....



Recommended reading:

The Food Doctor Every Day Diet,
Ian Marber (DK, 2004)

Energy Medicine, Donna Eden
(Tarcher/Putnam, 1998)

The Biology of Belief, Bruce Lipton
(Hay House, 2008)

The Journey, Brandon Bays
(Thorsons, 1999)

The Law of Attraction, Esther and
Jerry Hicks (Hay House, 2008)

The Divine Matrix: Bridging Time,
Space, Miracles and Belief, Gregg
Braden (Hay House, 2007)

Everything You Need to Know to
Feel Go(o)d, Candace B. Pert (Hay
House, 2006)

Life is a Gift, Gill Edwards (Piatkus,
2010)

Conscious Medicine, Gill Edwards
(Piatkus, 2011)

