

Self-hypnosis



1. Decide on a place and time for you to practice self-hypnosis. Find a place where you won't be disturbed and make a routine of doing this every day at a specific time that suits you. Play some relaxing music and, if you like, burn a scented candle to make the experience more pleasant.
2. Start off with just a short session of perhaps ten minutes and you can build on this through time. Remind yourself when you start that at the end of the session you will feel completely refreshed and energized.
3. Before starting your self-hypnosis, set an intention for yourself such as, 'I am going to imagine how it feels to experience a beautiful sensation of coolness' or 'I will imagine how it feels to respond to hot flushes in a calm and in control manner'.
4. Decide which of the following affirmations you will use during self-hypnosis from:
'I possess the wisdom and knowledge to care for myself in precisely the right way'
'Every stage in life is as valuable as every other stage'
'I love that my face and body show that I have lived a full life'
'This is who I am now. And I am what I need'
5. Focus on enjoying the experience of relaxation. Start off by focusing on your breathing for a few minutes. Be aware of your breath then take your focus to your body and relax your body slowly from head to toe. You may find it helpful to say something like "relax my scalp, my scalp is relaxed, relax my face, my face is relaxed etc." all the way down your body. At the beginning thoughts may still come into your conscious mind but just notice them, don't get involved with them and take yourself back to what you're doing. Repeat this as often as you need to.

6. Once you feel calm and relaxed, revisit what you have experienced during your HypnoMenopause® sessions, concentrating on one aspect of your session at a time (for instance, you might imagine using the temperature control dial, or using your cooling anchor or feeling a deep sense of harmony between your mind and body).

This will help embed the suggestions from your session.

Remember:

- Self hypnosis takes practice. You may start off feeling a bit clunky but keep at it and you will eventually be able to use this skill to help you throughout your life.
- Focus on the positives - on what you want, not on what you don't want. What you say to yourself and what you visualise has a powerful impact on your future actions and feelings.
- Don't try and do too much in a single self-hypnosis session. Focus on one thing at a time!