

# Support for the Places Grief Touches Most Deeply



## A Gentle Path to Rest: Sleep

When sleep feels distant, hypnosis helps quiet the mind and soothe the body so rest can return naturally. This is not about forcing sleep — it's about guiding your nervous system into ease so rest can feel safe again.



## When the Worst Day Won't Stop Replaying

Reliving the hardest moments after loss is common. *Nothing is wrong with you.* Gentle hypnosis can help you calm the nervous system, reduce emotional intensity, feel safer in the present, move forward without erasing your love.

**How Hypnotherapy Supports Grief** — *Hypnotherapy offers a gentle, natural way to calm the mind and body while easing the emotional weight of grief. In this relaxed, focused state, you remain aware and in control. Hypnotherapy works alongside approaches such as counselling, psychotherapy, and somatic care — offering an additional pathway to reduce anxiety, improve rest, and reconnect with strength and meaning.*

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