



# Trance for a Change

Solution Focused Hypnotherapy

## It's May! NEWSLETTER

Well May is here and some of us might be turning our thoughts to summer but as I write this and look out of the window at the grey sky and wet pavements the sunshine seems a long way away.

Despite our very British weather though, we know that days are getting warmer now and we can turn our attention to special treats such as holidays and daytrips. That's good news for our psychological health as going out and socialising in positive ways does lift our spirits.

### Local Events for May

#### **Sunday 7<sup>th</sup> May – Burbage Common Open Day, Leicester Road, Hinckley**

Among the attractions will be dog shows, pond dipping, den building, maypole dancing and cheerleading. There will be demonstrations of traditional countryside crafts, such as wood turning. The Archaeological Society will be present to help identify any unusual finds, such as fossils, old metal coins or bits of broken pottery etc. There will be a farmer's market, food and refreshments.

The event runs from 10.30am to 4.30pm and is free admission although some activities and workshops may require a small charge.

#### **Sunday 14<sup>th</sup> May – Feel Good Sunday, Argents Mead, Hinckley**

Promotion of various activities to mark National Mental Health Awareness Week. Explore the experience of how you can improve your mind, body and spirit. There will be a Kid's Zone with Relax Kids who are organising activities called Chill Skills which help young people and children cope with stress and anxiety. Activities include mindfulness, concentration games and relaxation.

There will also be a Therapy Zone – and I will be setting up an area for people to have a chill out to some guided meditations.

There will be tasters for Indian Head Massage, Tai Chi, reflexology, Reiki healing, a brow and nail station, aromatherapy, baby massage, Pilates and information about acupuncture.

Another area will be an Art Zone where creativity will be explored as a way to alleviate anxiety. A folk/Irish music singer will be playing in the bandstand.

Admission is free and the event will be from 11.00am to 2.00pm.

This week at Trance for a Change has seen a few different issues being looked at. With the new [smoking laws](#) becoming enforceable there have been a few people visiting for non-smoking.



Steph, Gareth and Trudy have all recently taken that step towards becoming non-smokers and I'm really pleased to have helped them on this journey.

Steph sent a lovely testimonial to my Facebook page:

*"I just want to say a huge thanku to Vicky Tunaley, I met with her for hypnotherapy session to help me quit smoking (in 26yrs I have only ever managed a week and an extremely wobbly one at that) Vicky was fantastic, put me at ease. since the session I have just about no cravings at all. no anxiety and minimal if any withdrawal symptoms. I feel positive this time I am quitting for good. Thankyou so much Vicky!!"*

It's really nice to hear of the success of my ex-smokers. Good work guys!

## Health Tip of the Month

Spending time in the woods has now been scientifically proven to be good for you. The Japanese call it “forest bathing” and it can lower blood pressure and your heart rate. It reduces the production of stress hormones like Cortisol and helps to improve the function of the immune system. Overall this can give a real boost to your overall feelings of wellbeing.

You don't need to do strenuous exercise either, just spend time in nature with trees. With the bluebells coming out now our own forests are breathtakingly beautiful. So, why not find some time soon to go out and find a forest to bathe in?

And just as a closing thought.

If you know someone who is going on holiday and who has a fear of flying, or a fear of motorway driving, why not pass on my details and see if I can help?

Also, this time of year sees lots of students worrying and becoming very anxious about exams. Hypnotherapy is a great way to calm down that primitive emotional part of the brain (that is absolutely rubbish at exams) so that the logical part of the brain can concentrate and do its job properly.

Hypnotherapy is useful in so many different ways and if you think I can help please get in touch.

[www.tranceforachange.com](http://www.tranceforachange.com)

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### Positive Quotation of the Day

Start where you are.  
Use what you have.  
Do what you can.  
~Arthur Ashe~

