



# Trance for a Change

Solution Focused Hypnotherapy



## NEWSLETTER



Last month's Feel Good Sunday event in support of Mental Health Awareness Week saw me undertaking what I call "The Gazebo Challenge". Despite the camping shop demonstrating how easy this gazebo is to put up in five minutes flat (and by a girl, no less!) I somehow managed to erect it inside out and then tangled it in such a way that it took over an hour to finally sort it out!

I guess life can be a bit like that... we need to invest some time and thought into our problems in order to eventually get the outcome we need. It's very easy to feel frustrated and want to give up when things go wrong but resilience – keeping going whatever is happening on the outside – will make the difference between success and failure.

Other therapists giving taster sessions, advice and information on the day were Natalie Henson of Regent Beauty, Helen Regan – Theta Healer and Kerry O'Kane – Acupuncturist.

### Local Events for June

**Saturday 3rd June at 12.00 noon until 1.00pm – Storytelling in the Mead, Hinckley**  
A selection of short stories told in an entertaining way for all the family.

**Wednesday 7<sup>th</sup> June at 7.00pm until 8.30pm – Colourfun Mile – Hinckley Town Centre**  
The Colourfun Mile is now in its fourth year. Organised by LOROS this one mile charity fun run will brighten up the town as people get showered in colour, glitter and smiles. Visit [Loros](http://Loros) for more information.

**Saturday 10<sup>th</sup> June at 6.00pm until 8.00pm and Sunday 11<sup>th</sup> June – Argents Mead, Hinckley**

**Bring a blanket and settle down to listen to Ann Duggan and Rob Hines on Saturday, who will be performing country, folk and Americana tunes.**

**Thursday 15<sup>th</sup> June at 5.00pm until 8.30pm – Market Place, Hinckley**

**Classic vehicles on show – free to visit or enter your own classic vehicle. Entrance from Station Road.**

**Saturday 17<sup>th</sup> June at 11am until 2.00pm – Sports Day and Dog Agility Contest – Argents Mead, Hinckley**

**If welly wrangling sounds like something up your street, why not pop over to the Argents Mead for this fun event. There will be all sorts of activities, including egg and spoon races and three legged races. Prizes and trophies to be won!**

**Saturday 25<sup>th</sup> June at 2.00pm until 4.00pm – Music in the Mead – Argents Mead, Hinckley**

**Sam Southall performing covers of popular music.**

## **Dealing with the fear of Terrorism**

In the aftermath of the terrible news of the Manchester terror attack we may easily feel that the world has never been a more dangerous place. Thoughts like this can fuel our anxiety and make us fearful of going out or travelling far from home. Whilst all such news is tragic we need to keep a healthy perspective regarding how much danger we are in. [Statistics](#) relating to terrorist casualties may help us to feel safer as we see that far more people died from terrorist activity in 1972 and 1988 than at the present time. In 1988 372 people died and this included those in the Lockerbie disaster. By comparison, around 96,000 deaths are caused each year in the UK by smoking related diseases – a far more dangerous activity!

Notwithstanding the above, if you are upset or know anyone else who is feeling distressed regarding terrorism, please get in touch with me and I can send you a free hypnosis download called “Fear of Terrorism” which has been kindly donated by Mark Tyrrell, of Uncommon Knowledge. This is a gentle, hypnosis track which will help you to feel less anxious and worried about the problem of terrorism.

## BWRT

Some of you will already know that I also practice in the area of BWRT (Brain Working Recursive Therapy). This is an entirely different approach to hypnotherapy but can be tremendously effective and very quick way to help with things such as:

- Upsetting memories
- Relationship issues
- Goals and wishes
- Limiting fear
- Fears and phobias
- Emotional discomfort
- Test nerves
- Fear of failure
- Procrastination
- Commitment Anxiety
- GAD (general anxiety disorder)



You can hear the developer of this amazing therapy, Terence Watts, talk further about what BWRT is [here](#).

## Health Tip of the Month

Our minds are programmed to be negative in order to keep us safe. That's great for when we are running into polar bears, but not so great for running our daily lives in polar bear free zones. Therefore, it's important to pay attention to the things that are going well. Small successes lead to bigger successes.

Take a few minutes each day to write down three things that went well during your day. Examine how you felt about these good things and how your own strengths and abilities contributed to their successful outcome. When you get used to doing this you will start to notice more and more things that have actually been quite good – things we normally don't take the time to notice because it's easier to be negative. Get yourself a notebook and start doing this today.

