

FEELING STRESSED AND ANXIOUS? START FEELING BETTER RIGHT NOW WITH CLINICAL HYPNOTHERAPIST TANYA DRANSFIELD'S TOP TIPS

Is stress or anxiety holding you back?

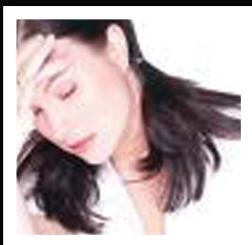
Anxiety and stress is on the increase and it can have a negative affect on your whole life if you don't deal with it. Tanya Dransfield (www.tanyadransfield.com) helps by blending Clinical Hypnosis, Psychotherapy and NLP.

There are lots of symptoms of stress and anxiety but you can get a good indication by taking a moment, right now, to pay attention to how you're feeling. Tanya says, "Do you regularly hold your body tensely? Scowl? Have you been overeating? Smoking or drinking too much? Are tears a too regular threat? Overdoing anything is a sign of stress."

If you're a driver, you probably think nothing of taking your car for an MOT. But what about yourself? Aren't you far more valuable than any vehicle? Just as your car works most efficiently when you pay attention to what it needs, giving yourself that same kind of care will help you get much more out of life.

Tanya says "There are lots of things you can do yourself to start feeling better immediately."

These top tips will help you get started:



BREATHE DEEPLY – Breathing is something we usually take for granted. But when you're feeling tense, stressed or anxious, your breathing often becomes more shallow and this then increases the anxiety. Breathing deeply will help to lower your anxiety. Breathe in for a count of 4, making sure your belly goes out and then out for a count of 5. This extra length on the exhale will help you release extra toxins.

EXERCISE – It's easy to feel anxious and stressed if you're cooped up in your office or home. Just getting out for a short walk can help. Tanya often gets clients who suffer from panic attacks to jog on the spot. This will help

you release stress hormones, cortisol and adrenaline, more effectively. If you're at work and feel the panic or anxiety rising, head for the toilet, lock yourself in and jog on the spot. If you can't do this without attracting attention, punch the air repeatedly and you'll get the same sense of release.

SING! Even if you think you're so tone deaf you end up laughing, you'll have turned the stress and anxiety around and feel much better. Singing is also a great way to regulate your breath and let it all out. Pick something really melodramatic or something more upbeat. Or just sing whatever comes to mind. If you're shy (or have nearby neighbours), use the noise of the shower to drown it out (bathroom acoustics often help improve the sound quality, too!). Whistling can also help.

LAUGHTER REALLY IS THE BEST MEDICINE – If other people are bringing you down and you hang around and let them, you'll not only feel worse yourself but you'll be less able to help them feel better. Surround yourself with happy people as much as possible. Happiness is contagious. When you're alone, watch comedies or read books that make you feel good.

IMAGINE A BIG STRESS DIAL – This works well for many of my clients and it's something you can easily do yourself. Picture a stress dial (a bit like a dimmer light switch) which is marked with numbers from 1-10. Which hand is it in? Imagine 10 as the highest level of stress and literally take it down a notch (or ten!). This simple reminder that you're in control of yourself will often be enough...

These are all techniques you can use on your own. If you want extra help getting to the root of your anxiety and stress, Tanya can help you get there more quickly. She has been in the industry for several years.

As well as developing her own practice, Tanya showed so much promise while training as a clinical hypnotherapist with psychotherapy at an Essex Institute that she joined the staff soon after qualifying. She became Director of Studies and taught many hypnotherapists over the years, including lecturing abroad. Tanya has also trained in NLP (Neuro Linguistic Programming) with NLP's co-founder Richard Bandler and Paul McKenna.

While Tanya can use Clinical Hypnosis, psychotherapy and NLP to help people with all sorts of issues, she specialises in stress and anxiety. Tanya says, "Talking about personal things can feel quite daunting so you want to be sure that the therapist you choose is someone you can trust and relax with. I can help keep you on track by reminding you that you have a choice about feeling good or staying with the feelings that you don't like. If you're paying me to help you, I'm going to make sure you do the work necessary. Many of my clients have told me that they were nervous before coming to see me but I quickly put them at ease with my down to earth approach. I also help people quit smoking, learn to relax, control their weight, get rid of bad habits, fears and phobias."



Sign up for your **FREE REPORT** with more tips about dealing with anxiety and stress by emailing admin@tanyadransfield.com with "Free report" in the subject heading or visit www.tanyadransfield.com for more information.

To book your **FREE** consultation and find out how you can start living life to the full today, call Tanya Dransfield, DHP MAPHP (Acc.) LNCP on 01702 716168 or 07971 823033. She is based at The Opal Clinic, 50 The Ridgeway, Chalkwell, Essex SS0 8NU.

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