

Beat stress

With NLP

Do you find it hard to unwind at the end of a busy day? Self hypnosis can help. Here's how to do it.

Use this process two times a day to stay in a peak state. It is deeply relaxing and energising.

Step one: Find a place you won't be disturbed

Silence all phones. Sit or lie in a comfortable spot where you feel safe closing your eyes.

Step two: Focus on your senses

Notice three things you're seeing, three sounds you're hearing and three physical sensations you're experiencing.

Step three: Talk to yourself

Use your internal dialogue to make a note of the three things you see, hear and feel. For example say "I see a white wall...moving shadows...a tree outside. I hear my breathing...voices next door...a cat meowing. I feel the floor against my back... the clothes on my skin...my chest rising as I inhale."

Step four: Close your eyes

Once they're shut, notice three things you see (e.g. shades of black), hear and feel. Talk to yourself about each perception.

Step five: Tell yourself to relax

Continue talking internally about your sensory perceptions. As you notice each detail, tell yourself you're relaxing deeply. For example "I see flashes of light against a black background and I'm relaxing deeply."

Step six: Lose track

You'll soon find it hard to concentrate. This is a good sign. Just let your mind wander until it is time to come back into conscious awareness.

You can put a limit on how long you're in a trance. Before you start relaxing, say to yourself "I'll wake up in fifteen minutes" You can also set an alarm as a back up until you trust this process.

Learn more about it

Discover how easy it is to manage your energy. Book a session of Manage Your Time for your team. Find out the secrets of highly organised people. Learn to make the most of your time management profile, avoid the "urgency trap", sort out your priorities and use a range of time management tools. An essential workshop for anyone who wants to work more efficiently and productively!

Book an NLP course for your team.

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