

# More than just relaxing mind and body

**WE ALL** live busy life that is filled with deadlines, commitments and many must-do chores on a daily basis.

Even if we thrive on living at such a fast pace, the constant state of physical and mental high alert can take its toll on our minds and bodies, influencing how we feel and, ultimately, how we behave.

Stress, in the form of pressure, can be useful. It can focus the mind, improve motivation and, ultimately, lead to goal attainment. In this positive light, it tends to be referred to as 'ustress'.

But, excessive pressure over prolonged periods of time can lead to stress and feelings of distress which leads to lower immunity of our body and eventually to illnesses.

An individual's body responses to stress/pressure (the fight and flight response) tend to vary, but typically, people are left feeling physically tense, unable to sleep or unwind, feeling helpless, unable to cope with daily chores and vulnerable to ill-health.

Often emotions, perceptions of self-confidence and feelings of self-worth are also negatively affected, ultimately, influencing choices and behaviour. Ability to work and to enjoy quality of life in general also tends to be affected.

Relaxation is nature's great restorer. By simply relaxing, we can go a long way towards

## Empowering your life

BY AJIT LUDHER



counteracting the negative side effects of our hectic lives. Whether feeling stressed, under pressure, tense or tired, or simply in need of a bit of luxury, we could all benefit from allowing ourselves to relax more.

Relaxation hypnosis is a fast, effective and enduring way of achieving all the physical, emotional and cognitive benefits of deep relaxation.

Generally speaking, hypnosis, as used within clinical hypnotherapy, involves the induction of a deeply-relaxed physical and mental state, a state in which the critical faculties of the mind are temporarily suspended.

But relaxation hypnosis goes a little bit further. It focuses exclusively on counteracting those negative physical, emotional and cognitive side effects of worry, stress and tension.

Relaxation hypnosis uses positive suggestion to progressively relax the physical body, encouraging waves of warm comfort

to flow through the body, soothing, releasing and relieving tired, tight muscles; relaxing the body from head to toe.

Direct positive suggestions guide the body's internal mechanisms to effortlessly slow and regulate breathing and heart rate, to allow stress hormones to subside, body organs to work effectively, and to stimulate the body's natural immune system.

Visual imagery is a vital part of the relaxation process. It encourages and deepens relaxation, using the power and creativity of the imagination to divert attention away from negative thinking, providing tranquil rest and sanctuary for the mind.

Beneficial post-hypnotic suggestions (constructive, often therapeutic, suggestions given to a person while in a state of hypnosis, that are carried out post-hypnosis) are also made, for remaining calm, peaceful and relaxed even after the relaxation hypnosis session is over.

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