



Reduce Overwhelm



By

Helen Breward

**Clinical & Advanced Hypnotherapist (UK)
BA (Hons), HDP, DipCAH, NCH & GHR Reg**

Helen Breward

Wood Street Wellbeing Centre
10 Wood St,
Old Town Swindon,
Wiltshire SN1 4AB
United Kingdom

Tel +4401793 854242 Mobile 07561 544511

www.helenbreward.com

Email helen@helenbreward.com

Dear Colleague and Fellow Hypnotherapist

Thank you for making the decision to take this training, I hope you find it useful and informative.

It has been personally designed, to take you step by step through a tried and tested process, so that you can start helping your clients to deal with overwhelm in a much better manner, feeling calmer, relaxed and able to use coping tools and strategies to help themselves.

Please contact me by email or telephone, if I can offer you further advice in the future.

Helen Breward

Contents

Copyright warning	4
What is Overwhelm?	5
Symptoms of Overwhelm	6
Overwhelm in simple terms	12
Cycle of Overwhelm	13
Recovery Strategies	14
Reframe	16
Tools	18
Initial Enquiries	21
Session 1	24
Session 2	32
Session 3	38

COPYRIGHT WARNING:

ALL MATERIALS, PHOTOGRAPHS, AUDIOTAPES, CD'S AND VIDEO TAPES USED FOR THE DURATION OF THE WORKSHOP ENTITLED "MENOPAUSE RELIEF PROGRAMME TRAINING" ARE PROTECTED BY THE LAW OF COPYRIGHT.

NO PART OR PARTS OF THE COURSE NOTES MAY BE REPRODUCED BY ANY MECHANICAL, PHOTOGRAPHIC OR ELECTRONIC PROCESS, OR IN THE FORM OF ANY PHONOGRAPHIC RECORDING.

NOR MAY IT BE STORED IN A RETRIEVAL SYSTEM, TRANSMITTED OR OTHERWISE COPIED FOR PUBLIC USE, INCLUDING TRAINING OF ANY THIRD PARTY, WITHOUT THE WRITTEN PERMISSION OF HELEN BREWARD.

HELEN BREWARD WILL TAKE LEGAL ACTION AGAINST ANY PERSON OR PERSONS OR ORGANISATIONS IN BREACH OF THIS COPYRIGHT STATEMENT, NO MATTER HOW SMALL. THERE WILL BE NO EXCEPTIONS.

© Copyright Helen Breward 2018. All rights reserved.

What is Overwhelm?

The dictionary definition of overwhelm is 'to be buried or drowned by a big mass of something' and/or 'a strong emotional effect' e.g. loss, guilt or workload pressure.

<https://www.lexico.com/en/definition/overwhelm>

There are times in all of our lives when we feel overwhelmed by everything. Often it is about a perceived mountain of tasks to be accomplished. In my experience, the circumstances described can often be short lived. However, it is when an individual is feeling low mentally & physically that overwhelm can last for a much longer time. For example, if the person concerned has been ill for a while, flu, undiagnosed complaint, that has been going on for some time, suffered a loss or traumatic event, then just a few tasks can easily overwhelm the individual. This is because their resistance, energy levels, immune system and head space is already low or rock bottom. So small things that they would normally cope with become a monumental mountain to climb.

Overwhelm can often raise stress & anxiety levels, which in turn adds to the overwhelm and a vicious circle begins. In some cases, this cycle of stress, anxiety & overwhelm can last for years until an event or even a conversation happens to make the individual take stock and notice just what is happening. These feelings can reduce the positive experiences of life, a bit like sucking all the fun and

happiness out of a party that everyone is enjoying but you. Sometimes this happens so gradually that we fail to notice it.

Symptoms of overwhelm

These are 7 common signs of overwhelm. You may recognise some of your own behaviours here but that doesn't mean you are dealing with overwhelm. A client suffering with this condition will likely be showing signs of several or all of these symptoms. It is also important to note that these symptoms could also be an indication of another condition so consulting a Doctor is always advisable if you or your client has concerns.

1. **Dread** - A feeling of dread, that 'Oh god, I've got to...' Please don't take the use of god as blasphemous, it is simple the most common phrase I hear in this context, hence the lower case 'g'. Dread is a mixture of resistance and anxiety, which can include 'I don't want to do it because I might fail or not succeed' kind of subconscious thoughts & behaviour. This can also become a habit, resisting any kind of new task or change. Because of the resistance to take action this then increases our anxiety & stress levels as the pressure to 'do' rises. Essentially, we are in conflict with ourselves. Waking up in the morning, feeling this way could be an indication that you are in overwhelm mode before your day begins. There may also be a temporary reason for this, where these feelings are natural and would be experienced by most of us under those circumstances like

attending a funeral. However, the difference is that once the event has passed, the feeling of dread dissipates.

2. **Indecision** – how many times have you stood in a supermarket staring at all the different types of coffee with a blank mind, saying to yourself ‘come on just chose a jar, it’s not hard, just pick one’? the brain seems to just freeze or fog over. This is again a symptom of overwhelm & stress. When the brain is stressed it becomes much harder to physically think and retrieve information. We doubt our decisions & choices, ‘what if we make the wrong choice?’ Which then increases our indecision, forming a loop of uncertainty, in our ability to make a good decision. Again, resistance creeps into the mix. Resisting making a decision/choice for fear of making a wrong one.
3. **Over Thinking** – a loop of over thinking or procrastination, especially when faced with chores we don’t like doing, find difficult or boring, we put it off. This yet again feeds into the whole circle of overwhelm and can if not careful become a habit. Sometimes it can also be the sheer volume of workload that swamps us, ‘Where do I start?’
4. **Rushing** – because of over thinking or procrastination, we can find ourselves rushing to get things done for a deadline. When we rush too much, mistakes & errors can happen. Which again can increase stress & anxiety levels especially, in the context of workload. Redoing tasks through errors, often silly mistakes,

could over time & repeatedly, lead to lower self-esteem, tarnished reputation within the workforce or 'a chat with the boss'.

5. Yes – the inability to say NO to others. In a pressured environment some individuals seem to cope much better with their workload, that can be because they are delegating tasks to others, often those individuals that find it hard to say NO. in my clinic I have literally had clients practising just saying NO because they find it so hard to do. I then get them to mentally rehearse saying NO in the situations where they usually say yes and to specific people.

6. Avoidance – switching off, escaping the feeling of overwhelm, the mountain of work. This can be literally physical, where we walk away from a place to somewhere, we feel calmer & safe. It can also be a mental escape, where we watch something on tv or read a book anything to avoid the feelings of overwhelm, stress & anxiety. We are literally, switching off. However, this can also lead to guilt as we haven't completed 'important' tasks. That being said, it can also lead to increased energy and a burst of activity once the period of 'time out' has ended. Sometimes we just need a break, to step away from something to then be able to go back later and move forward. The amount of time spent in this avoidance/escaping/switching off and time out mode, is generally an indication to the depth of overwhelm the individual is experiencing.

7. Lack of Focus – this is the inability to focus clearly on the things that really are important, those that will make a difference. We tend to work on the easier, achievable tasks that we somehow have convinced ourselves must be done now and given a high priority. Thus, avoiding those tasks that appear to be complicated which take time to achieve or is felt to be threatening in some way, causes higher stress & anxiety levels, doubt and overwhelm. In this mode, we seem to lack clear purpose and can often achieve very little. Essentially, we are busy being busy, not really achieving anything substantial. I can certainly recognise this in myself, I have been guilty of this on many occasions. The trick here is to catch yourself doing it and make a small change. Often giving yourself a reward once the job is completed, a carrot & stick approach works well. For example, once I have finished my monthly accounts, I'll watch a favourite programme on tv or go for a walk, have lunch. Whatever is a reward, something enjoyable for you. I have to confess; my carrot is often watching an episode of Neighbours the Australian soap opera. Its only 20 minutes but allows me time out to just sit and not think. After that I have renewed energy and continue working.

<https://www.onewithnow.com/overwhelm-signs/>

This period of overwhelm can last for a short time as in a few days or weeks or much longer as in months. It all depends on the individual's circumstances. Commonly, we often slip into what is known in counselling terms as crisis mode. This means that we do just what is absolutely necessary to get through the next 5 minutes or the day. You could also call it survival mode.

As a former primary school teacher, I remember clearly those times when I lived in crisis mode because of the sheer volume of work that needed to be achieved and expected. It is interesting, when operating in this survival mode, which tasks are absolutely crucial and those that we think are, that we actually never do. Just makes you realise that sometimes we give certain tasks a much higher priority than they are actually worth. And those we never do; did we really need to do them in the first place? Now, I know that some things may have been lost opportunities, if we had fulfilled that task would it have led to something worthwhile? It depends on your perspective. These are my thoughts or questions –

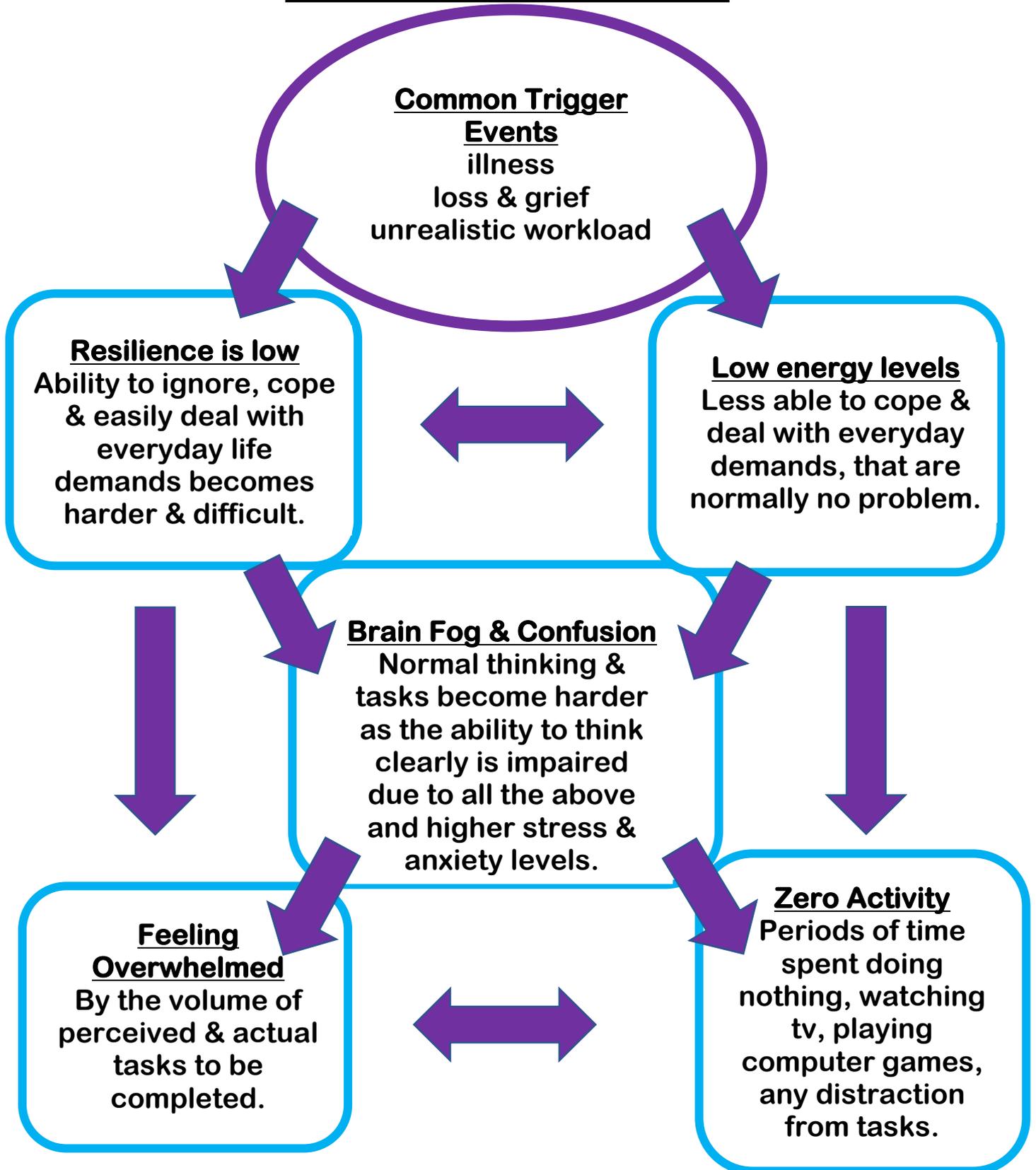
- If you didn't achieve the task, was it right for you at this time?
- If it was meant to be then the opportunity will present itself again (This depends on your belief system).
- What's stopping you from making contact, even though the deadline has passed? It will still bring your name into someone's mind.
- Maybe something much better and more suitable is out there for you.

My main message is not to dwell or beat yourself up over a missed opportunity, but to either still make contact on the off chance or let it go and move on.

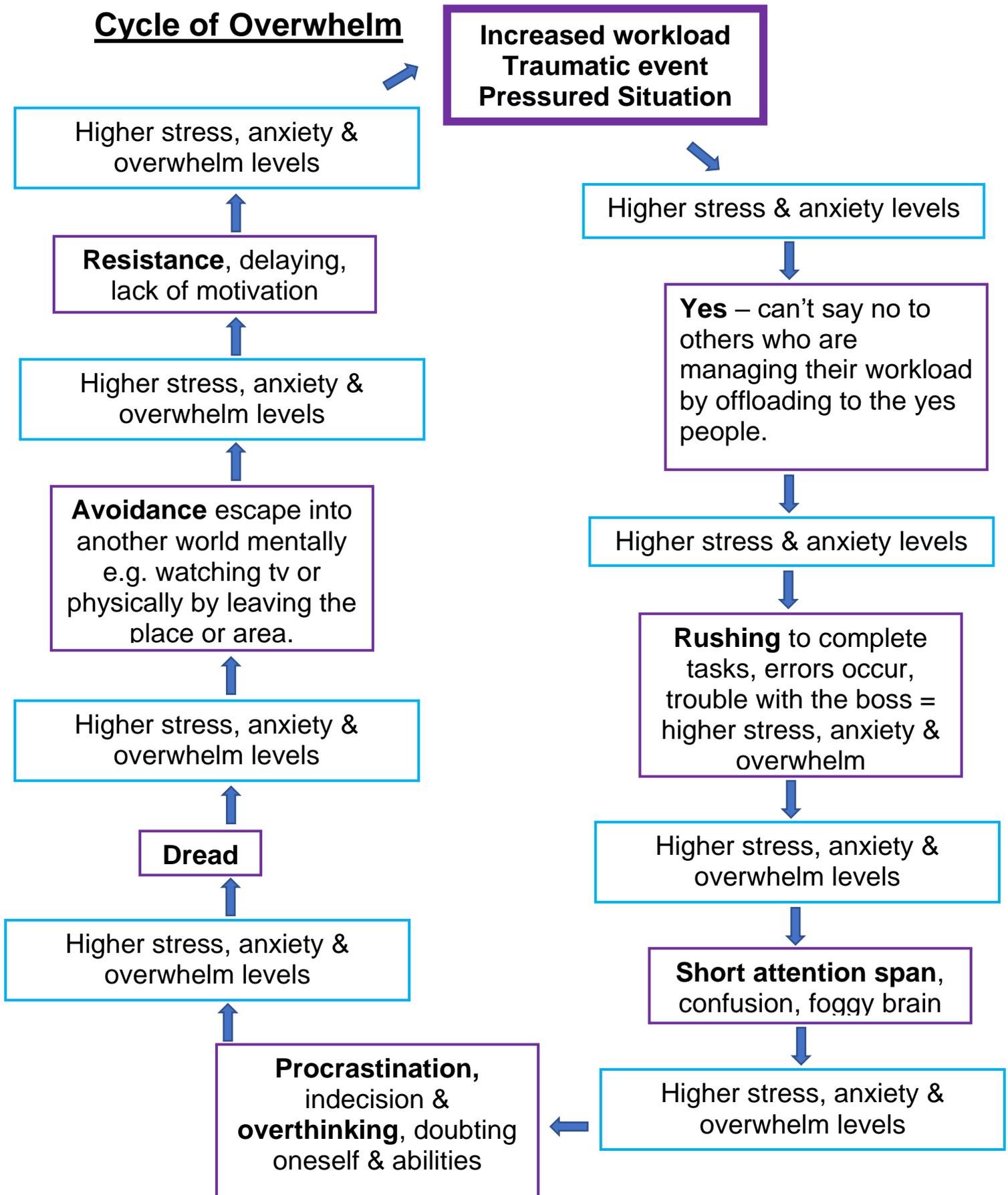
Often, when travelling through this phase, we spend a short time, a few minutes – a couple of hours, being active and doing those familiar tasks that are necessary but don't require much brain power to achieve. Then, it's almost like that mountain of 'stuff' that we need to do appears in the mind, overwhelming us, literally weighing us down. This is when we mentally switch off. There can be a physical letting out of air like a big sigh as we feel the enormity of 'stuff' to achieve. Typically, we then sit down and do nothing, watch a tv programme, go for a walk, shopping etc anything to mentally and physically escape the mountain.

On the next page is a simple cycle of overwhelm. This is generally how I would present it to clients, unless they want more details, then I would go through the second one on page 13, which shows a detailed version of the overwhelm cycle. It includes the common symptoms but may not be experienced in this order by your clients. You may also find that individuals could go back & forth between any of the symptoms. There are likely to be clients that don't experience all of these signs, but rather jump from one to another, missing out some. Human beings are all so unique & individual.

Overwhelm in simple terms



Cycle of Overwhelm



Recovery from Overwhelm

One of the things that periods of overwhelm always reminds me of is BALANCE. By that I mean take a look at your work & life balance. Overwhelm can often be an indicator that your life generally speaking is not as balanced for you as it needs to be.

Below are practical strategies and tools for you to use with your clients

Strategies

1. What **extra duties** in your personal & professional life can you step back from? For example, volunteering at the local charity shop, girl guides, scouts etc. It is worthwhile taking a break, allowing yourself time to rest and recover. Some clients find it hard to put themselves first, especially women. Feelings of guilt & being selfish are often commented on. My response is usually this “If you don’t look after yourself, then you are not going to be able to look after others. It is selfish not to put yourself higher up the priority list”.
2. **Say NO**, it is ok to politely refuse requests for your help. You don’t have to say yes to every request for your time & expertise. Why not show whomever it is how to do what they are asking you to do?
3. Regularly take **time out** for yourself, every day would be great even if it is only 10 minutes. The point is to encourage the client to take time out just for themselves. Whatever your client feels able to manage, is ok, even if its once a week for 10 minutes. We are helping them to develop better, healthier

habits that will aid recovery and strengthen their general wellbeing & mental health.

4. **Eat regularly**, 3 meals a day. Your body needs fuel to work just like a car needs petrol or diesel to run. It may be a good idea to have a healthy snack with you just in case your fuel levels run low or empty.
5. **Nutrition**, for the body to work at its optimum it needs to be provided with the nutrients it requires to maintain a balanced healthy body. The healthier you eat i.e. the fewer processed foods, the better you & your body will be, the quicker you will recover from the draining effects of overwhelm.
6. **Hydration**, drink plenty of water. Remember that caffeine drinks like coffee & tea will dehydrate you, which makes it harder for your mind & body to work. So, make life easier on yourself and drink plenty of water.
7. **Sleep** is always, in my mind, the key to everything. Making sure you have a decent night's sleep on a regular basis is probably the most important thing for recovery. Bedtime routines are also important as they act as triggers to sleep. It is best not to have tv's, iPad's or laptops/computers in the bedroom. The light emitted stimulates the brain and also tends to keep you active, when it is time to wind down ready for sleep. Develop a winding down routine, so that when you turn the lights off you easily slip in to sleep. This maybe just sitting quietly or reading a book whatever helps you to calm down.

Reframe

1. Dread – this is just a phase that you are in at the moment, it will pass, just as grey clouds on a rainy-day pass across the sky to reveal another sunny day. It will not last forever.
2. Indecision & worry about making mistakes. Mistakes are learning opportunities to do things differently next time. How many inventions, that we all use today or have in the past, have happened by making an error?
3. Over thinking – In metaphorical terms you/your client is trying to eat the whole elephant in one bite. So, acknowledge the whole and then focus down on one toe at a time. This is a metaphor I often use with my clients, sometimes I may even give the toe nail a colour especially if the client in front of me has painted nails.
4. Rushing – Whilst we do need a certain amount of pressure/stress to get things done, it is a fine balance between the right amount & way too much. If you complete that massive mountain in an unrealistic time, then what you are actually saying is that this amount of work is ok & reasonable to expect completion in the allotted hours, regardless of the personal cost to you. You have shown that it can be done, so therefore raised expectations. Would you prefer less to be completed but right & good quality or more with errors? Would you prefer the reputation of producing quality work that is correct or producing work that can be hit & miss, with mistakes where the recipient feels they have to check everything?

5. Yes – By saying yes to everything, you are denying the other person the opportunity to learn for themselves. This is especially true if you are being given work through someone else's laziness. In addition to that as yourself are you having to reduce your own high standards in order to achieve the extra work for someone else? Will doing this task change your plans professionally or personally? If so, will it be detrimental to your own wellbeing in some way?
6. Avoidance – This can be timeout to regroup. Imagine that you are a shepherd and all the sheep have got out of the field and scattered all over the hillside. You now need to spend time herding those sheep back into the pen. In other words, taking time out is like getting all your sheep back in tot the pen. Sometimes it can take a few minutes other times longer. If those sheep keep breaking out, you need to mend the & strengthen the fences i.e. learn tools & strategies to keep them in one place.
7. Lack of focus – When herding unruly sheep, take a few moments to watch them running around and spot the leaders, the ones that are fuelling the disarray the important ones that will make a difference if you get them in the open first. Work out which direction to approach them from and what tool or how you are going to do it e.g. send in the sheep dog, whistle or walk around yourself. Take a calming breath and then move towards the sheep.

Tools

1. 10 minutes sitting in the silence or meditation. Aim for 2-3 times a week, building up to 5-7 times. It has been proven that regular meditation is a good tool to manage stress, anxiety & general mental wellbeing. It maybe that you literally just sit and listen to the sound of silence.
2. Breathing from the stomach - I do this with every client (you may already have this technique from me), no matter what they are seeing me for. It is a very good general tool that helps with overwhelm, stress, anxiety, cravings, hot flushes etc. It is best used as soon as those uncomfortable feelings/emotions are noticed. It's much easier to nip something in the bud, rather than waiting until it is in full flower, which then takes a lot more time & work to bring it down. I rehearse this twice (2 times), with each client before we go into hypnosis, and then go through it again at the beginning of hypnosis. As I also record their hypnosis, they also have a reminder whenever they listen to it.
 - Take a big deep breath in through your nose, until you can't take in anymore.
 - Hold it and count to four.
 - Then let it out through your mouth, slowly, steadily and controlled until it's all gone.
 - Do this anytime you begin to feel stressed or anxious.
 - Practise this every day, so that it becomes an automatic response to uncomfortable feelings.

3. When it is time to sleep, with eyes closed, remember 3 positive things from the day that you are grateful for e.g. someone made you a drink; you received praise for a piece of work; you received a gift. The point of this is to train the mind to look & think positively instead of the negative. Noticing good things from the day and thinking about them as you drift off to sleep, raises the likelihood of waking up in the morning feeling more positive.
4. If getting to sleep is an issue, especially in the early hours of the morning, in the mind write the word sleep, saying it to yourself. Just keep writing & saying it as many times as you need. You will generally fall asleep doing it. Again, you are retraining the brain to sleep with this action/thought process in this situation.
5. Set yourself small achievable tasks, ones that you know you will be able to complete. This is allowing you to feel successful & that sense of achievement, which boosts endorphins, motivation, drive & energy. Using the elephant metaphor, focus on one toe or just the nail, not the whole leg or elephant. You will often find by doing this you actually achieve more than the small goal originally set.
6. Take a break, get some fresh air, especially if you work in an office type environment. This will allow the mind to clear, you to breathe and go back feeling refreshed.
If client is working in a stressful or negative environment and or people, then I teach them a layer of protection. This can take

any form suitable for them e.g. a bubble, shield, light etc. Whatever suits your particular client, ask them to completely encase or surround themselves with this bubble, shield light etc. So, that they are completely protected from underneath their feet to over the top of their head. Inside they are safe, secure and protected. They feel calm, comfortable and peaceful. Any stresses, any tensions, any worries, negativities at all just simply bounce off and away. Bounce off and away. Bounce off and away. Leaving them feeling calm, comfortable & peaceful on the inside.

Initial Enquiry – What to say

Often one of the things that concerns us the most is what to say when the phone rings. This is your chance to explain how you can help them to change their own lives. For me my main objective with a phone call is to book them in for a free 30 min consultation, because I know that I will have a much better conversion rate if they are face to face with me and I will find out exactly what they need, which gives me the heads up for the first session. But also, it helps me to weed out the individuals that are not suitable, not committed and time wasters. So, this for me is very valuable. You have to find the process which works best for you.

This is an example of what you can say, based on my own conversations:

1. Could I just have your name please? (*You would be surprised how many times people just assume I know who they are*)
2. How did you find me or hear about me? (*This is very useful for your marketing, so you can do more of what works. Always keep a list of leads & how they found you*)
3. How or what would you like me to help you with? (*I always make a few notes, ready for the face to face conversation*)
4. Would you like to pop in for a free face to face chat, so that we can talk about your specific needs and I'll be able to understand

just what you need and how many sessions it is likely to take? You can also ask any questions you want to (*book them in, I usually allow 45 mins for this, so I am not rushed, and they feel valued*).

Free Consultation 30 mins

1. I always do a bit of general chit chat here like “Did you manage to find the clinic ok? Did you get a parking space? Isn’t it lovely and sunny today?” (*These kinds of comments until we get sat down in my room. Remember, they are likely to be nervous and you want to relax them, so they feel at ease and that they can work with you. Not forgetting one of the main purposes of this is for you to see if you can work with them.*)
2. How would you like me to help you? (*This question usually opens the flood gates. You already have a good idea if you can help them, this is just confirmation of your thoughts.*)
3. Have you had hypnosis before? (*Explain how you work; all therapists do not work the same way as you. What it is like, what you expect them to do, that it’s a working partnership between you both, that they must do their part, the more they put into it the more they will get out of it.*)
4. Advise the client of the programme you either have or can tailor just for them, how many sessions you think they will need e.g.

4 sessions, 6 sessions. That you will teach them strategies and tools to use so that if they feel those uncomfortable feelings starting, they will know what to do about it.

5. Advise them of the cost and remind them that that includes however many sessions you think they will need e.g. 4 sessions, recordings to listen to every day and practical tools.
6. Book them in. You can take a deposit, full payment or take full payment on the first session. In my experience the majority of those who 'pay as you go' are not committed and don't always complete the course. So, my advice is not to do it. However, if asking for full payments makes you uncomfortable, you can make individual payments more expensive and tell them that it's cheaper to buy the course in one go.

Session 1

Scripts for these 3 sessions are all about a young traveller walking up a mountain and the learning along the way. Each session literally carries on from the previous one until the traveller reaches the summit and reminders to teach a selection of tools from the Tool section, whilst in hypnosis.

In this first session you are teaching the client how to relax. Reminding them of basic needs like taking time out. If they are suffering with poor sleep teach them the techniques mentioned in Tools – 3 & 4. You could incorporate them into the induction if you wished. Remember to rehearse with them before you take them into hypnosis.

Induction & Deepener

So, all I want you to do is get yourself nice and comfy, just ready to relax. When you're ready to relax, you can just allow those eyes to close. And with those eyes closed, you can begin to feel comfortable. You can begin to allow yourself to just relax. Relax and let go and calm down. Feel more comfortable.

And I want you to just imagine now or make believe and pretend that on top of your head and your shoulders, you can feel all that comfort, all that relaxation, just waiting there. You can really feel it. It might be

like a bit of a heavy weight. It might be comfortable and relaxing. It might be tingling and vibrating... And when you're ready, take in a big deep breath now... That's it. And just let it out slowly... That's it. And as you let it out slowly, you begin to feel more comfortable, more relaxed. So, breathe in a deep breath of calm. That's it... Breathe out any tensions.

This time I want you to breathe in deep sense of peace. Breathe out any annoyances and frustrations. And take in a big, deep breath of comfort. This time, when you let it go, I want you to send all that comfort, that relaxation, that peace on your head and your shoulders, all the way down to your toes as you breathe out. Now. That's it. Send it all the way down towards your toes.

And feel yourself just going down and down. Deeper and deeper. Down and down. That's it. And feel so comfortable, so relaxing, so peaceful. Deeper and deeper. That's it. Down and down. You can feel that tingle, that vibration running through your body now, down towards your toes.

You can just automatically relax. That's it. You get that lovely sense of comfort and peace now, and you can make that 10 times stronger now. That's it. Just increase it by 10 times. That's it. Deeper and deeper. Down and down. What a wonderful feeling to know that you can just do this. And I want you to increase that feeling of peace 10 times. 10 times. Now. That's it. Deeper and deeper. Down and down. So comfortable, so wonderful.

And I want you to increase that feeling of calmness now 10 times. 10 times. Now. That's it. That comfort, that peace, 10 times now. So, your whole body feels loose and limp... I'm just going to shake a little bit more comfort, little bit more relaxation, a little bit more calmness and peace into your body, now, as I take hold of your wrist and just lift your arm up a little bit. As I lift your arm up a little bit, I'm just going to give it a little shake. That's it. Just a little shake.

And when I let go of your arm, when your arm touches your leg, your lap, you'll instantly feel a hundred times more comfortable than you do right now. A hundred times more peaceful, a hundred times calmer than you do right now. That's it. (Just let go when you feel the client is ready for you to let go). That's it.

You're doing absolutely great. Feel all that comfort, that peace now, as that arm rests comfortably and heavily on your lap. Deeper and deeper. Down and down. How wonderful it feels to feel this way. To be this way.

You can take yourself off now to your favourite place. A countryside, maybe even a beach. Whatever kind of place you really enjoy, you find really comfortable. If you're in that lovely countryside, you can feel that lush, springy, soft, green grass, that earth beneath your feet. It feels wonderful. If you're standing on a beach, you can feel that lovely warm, soft sand underneath your toes. That's it. And as you walk along on that beach, down towards the shoreline, where you can see that lovely, beautiful turquoise water, you can hear the sound of the water just lapping up onto shore and as you stand there, that

lovely warm water just curls around your toes, helping you to feel even more peaceful, even more comfortable.

And if you're in the beautiful countryside, you can see right in front of you, there's a big lake. As you walk towards the lakeside, the shoreline, again, you can see that lovely blue water. Beautiful. You can see the waves. The water as it ripples along with the wind or just the movement. Or maybe it's even just so still. But it looks like a mirror, reflecting the sky, the surroundings. So beautifully breathtaking, that you just have to sit and watch and look.

Intervention

To just be in this place feels so comforting, so safe and secure. Just feels perfect in every way. And that part of you can stay there while I carry on talking to you, because I want to tell you about a young traveller. A young traveller, who started a journey, walking through his village out the other side. He was enjoying himself in the lovely sunshine, feeling great. He noticed that the path was leading towards a big mountain. As the young traveller stood and looked at that big mountain, he suddenly felt overwhelmed. Such a big mountain right in front. He couldn't even begin to imagine how he was going to get to the top. So, the young traveller just sat down for a while and looked. And didn't really think about anything, just kept thinking, "I can't get to the top. I can't get to the top. It's too much. It's too much".

So, he sat there long into the day and the night. The following morning, the young traveller woke up, the mountain was still there.

He sat there a bit more, to think about things and distract away from that big task ahead. He cleared the pathway in front of his feet, picked up a few little bits of rubbish off the floor, moved a few stones and then sat down some more...PAUSE

That mountain was still there, but he kept ignoring it hoping it would go away. He ignored that mountain for several days and weeks to come. He'd do odd little things around, like picking some flowers, clearing some rubbish, and just tidying up a few little bits here and there, but never really achieving what was necessary or needed or wanted.

Until one day, whilst sitting on the bench, just looking at the path and the grass in front. He was suddenly joined by a much older traveller, who joined him on the bench. As they began talking, it became clear that the old traveller had been up and down this mountain many times. The young traveller commented on how big the mountain was, and, "I don't know how you've managed to climb up and down so many times. I can't even get up once".

"Ah", said the older traveller. "You're looking at the top of the mountain, aren't you?"

"Yes. I don't know how I'm going to get there", replied the young traveller.

"It's easy", said the older traveller. "You know where the top of the mountain is, but it doesn't mean to say you have to keep looking at it

all the time. You just know where it is. Bring your eyes down, bring your gaze down, bring your focus down to the next step in front of you, and just take one step at a time. That's how I've been up and down so many times. I look at what my next step needs to be. Can I take a little step? Do I need to jump over a rock or move a pebble out of the way? Move a branch to take my next step. And that's what I do".

He thought about this for a little while and realized just what it was the older traveller was saying. That, he needed to acknowledge where the top of the mountain was, high up in the clouds, but then bring his eyes right down to his feet. He literally bent his head down and looked at his feet. "Hm, what's right in front of me?" He noticed where his next step would be. There was nothing there on the path. Nothing stopping that next step. So, the young traveller stood up, and put one foot in front of the other and took that next step. Just a little one. Standing still for a moment, the young traveller realized that it was okay. He felt good for taking that step. And interestingly enough, one thing he also mentioned to the older traveller was all that fog in his brain, all that brain fog. "How can I clear it?" He had asked.

"One step at a time".

And as the traveller took that first step, a little bit of that fog started to disappear. That brain fog can disappear, can melt away, can clear. Clear the brain fog. The young traveller looked at the next step, realized there was a little twig on the path, right where the foot needed to go. So, bending down, the young traveller reached out and

grabbed hold of the twig and tossed it to one side, so that the path was clear. Again, taking another step, it felt good. It felt good to take action. The young traveller was beginning to feel better and better with every step that they were taking.

He still made sure he was resting now and again, taking a break. Sometimes he noticed that after a break he was able to do two, maybe three steps, one after the other, because he felt better for having a break. And that felt good. Really good.

Before long, the young traveller suddenly realized, he was almost halfway up the mountain. How fantastic. How amazing that was, to suddenly discover, he'd got halfway up the mountain.

Now, halfway up, there was a lovely comfortable bench. So, the traveller sat down and just looked down the mountain at where they'd already come from. How far they'd already come and realized just how clear his mind was. All that brain fog had disappeared, just by focusing on one step at a time. Clarity. Taking a break when was necessary at regular intervals.

So, sitting there, comfortable, calmer, relaxed, feeling peaceful and motivated, the traveller suddenly began to realize, that he was feeling more energetic and more motivated, as he sat there on the bench, halfway up the mountain. "It was good here. I think I'll rest for a while", thought the young traveller, and stayed there for a time... PAUSE

So now, feeling rested, clear thinking, and energetic. I'm going to prepare to bring you back to the here and now. So, five, four, feel that energy flooding back in through your body. Three, two, and one. Feeling fantastic, you can open your eyes.

Session 2

This session follows on from the first one. It is about nourishment, balance & understanding that the mind, body & spirit requires to think clearly & work to its best ability.

Teach the client, before you go into hypnosis, the stomach breathing technique mentioned in Tools, number 2. This will help them to relax and feel calmer. It will also help them with any stress, anxiety, frustration or anger, basically any uncomfortable emotion.

Induction & Deepener

All I want you to do is just get yourself nice and comfortable, ready to relax...

And when you're ready to relax, you can just allow those eyes to close. PAUSE (until eyes are closed)

With your eyes closed, you can focus on your breathing, on that lovely cool inward breath, that warmer outward breath. And focus completely on your breathing now, as you begin to feel more & more comfortable, drifting down. You begin to feel your whole body, your muscles unwinding, relaxing, and letting go of their tensions, their stresses, their worries, those feelings of overwhelm, all those things. And as that process happens, and feel more & more comfortable, more & more relaxed, down & down, deeper & deeper. You find your body feeling more and more comfortable. Feeling more and more

comfortable. As your mind begins to slow down, as you allow yourself to just drift, drift and drift, deeper and deeper, down and down.

With that powerful mind, because you have an incredibly powerful mind. You can become aware of any parts of you that needs a little help relaxing. And as you focus on that part, it instantly becomes more comfortable, and you relax deeper and deeper. As any thoughts now just drift away, drift away. As you start to become aware of that feeling of calm and peace descending over, you become aware of where that peace lives within you. And when you know where it is, with that powerful mind, you can help it to spread and grow. Peace, peace.

And that feeling of peace is so strong, so powerful, anything negative, at all, it just diminishes with that sense of peace. And you feel more and more comfortable, deeper and deeper. You can find yourself in your favourite place, that one you were telling me about before, where you feel so comfortable, so calm, so safe & peaceful. PAUSE.

Intervention

The young traveller sitting on the bench halfway up that mountain, had plenty of time to rest... and that brain fog had cleared. He was thinking clearly, seeing the beauty of nature all around. The young traveller began to explore his surroundings a little more, climbing up the mountain a little bit, but taking time to go left or right, to go this way or that way, but still proceeding upwards all the time.

He noticed that there was a stream with a little wooden bridge. There were no sides on the bridge, it was literally just a plank across the water, across the stream. The traveller just sat down for a moment just watching the water, almost mesmerized, dangling his feet over the end, dipping his feet into the water as the stream bubbled by and flowed constantly.

As the young traveller sat there for some time, noticing all the things around the stream. There were kingfishers, all his favourite kinds of birds, trees, bushes, flowers. How beautiful it was, how pretty it was. They all live together in harmony. Even though that water is flowing down the mountain, the path was still the same, either up or down. It was still the same from one end to the other, from top to bottom or bottom to top.

The young traveller began to look even closer at the water and noticed that sometimes along the water, along the river, there were rocks that stuck up and the water had to flow around or flow over it, but it did all the same. He noticed all the creatures that lived there, the birds, the water voles, the otters, the trees, bushes and flowers, all were nurtured by the stream in some way. The kingfisher would be nourished by the fish in the stream. Some birds were eating the berries from the bushes. The otters would find their fish from the running waters too.

But the longer he sat there and noticed, the more he realized that they were doing that regularly. They were taking the nourishment that

they needed at regular times. He even watched them drinking plenty of water, keeping themselves hydrated.

Then he thought about himself and realized that whenever he'd drunk plenty of water, his brain, he was able to think much clearer, much easier, much quicker. The more he thought about that, the more he realized he was able to work much better, to do whatever activity he wanted to do so much easier because his whole mind and body worked together. Just like the fish swimming in the stream, just like the kingfisher, just like the otters on the riverbank. Everything worked in unison. Everything helped each other.

Just sitting there staring into the stream, the young traveller gained even more clarity, he understood things on a deeper level, seeing clearly how one thing helped another. But just watching, he also noticed that there were times when the otter just floated on his back and enjoyed being in the stream; just had fun watching the birds as they just sat there with their heads upturned towards the sun and just enjoyed the sunshine and the warmth. They were taking time out just for themselves, having fun, just relaxing.

Then he also noticed that as they did that, once that time out, that rest was over, when it was appropriate, they got on very quickly with doing what needed to be done next, whether it was getting the next meal or building a house, building a nest, whatever it was they needed to do was done straightaway afterwards with renewed energy and focus.

The young traveller became very intrigued and decided to carry on walking because he had his rest. So, on up the mountain he went, mulling over what he'd just seen and witnessed and what he'd understood. Still focusing on the next step forward, he realized that just in front of him on the path was quite a big rock. As he looked down at the rock, realized that that rock represented all that indecision that had been going on. Okay, that needs to be moved aside and pushed away then, we don't really want that in the way, do we? So, the young traveller moved, squatted right down, put both hands on the rock and pushed with all the might, pushed that rock right out of the way. In actual fact he pushed so hard, it fell off the edge and down into the valley below. Actually, that felt good, really good. Somehow lighter.

The young traveller carried on walking and before long, there was another rock in the way. This one looked about the same sort of size and it had "Yes" written on it. Ah, yeah, I understand that one. In actual fact, the young traveller thought this one was going to be really tough... but a surprise was in store, as he was able to pick it up easily with both hands, not that much effort, and just throw it over the edge of the cliff. That was cool...

Any time a rock appeared on the path; the young traveller was able to move it out of the way. Once it was understood what that rock was about, he was able to move it easily out of the way and carry on with his journey... PAUSE (allow a little time to move rocks). That felt really good, to be able to do that.

The young traveller was noticing that every single day, he felt better and better, stronger and more energetic, more focused, motivated, enthusiastic. Every day just felt better and better.

So now, feeling better and better, full of energy and motivation, I'm going to bring you back to the here and now feeling calm, relaxed, and energetic. So here we go. Five, four, three, two, and one. Feeling fantastic. You can open your eyes.

Session 3

In this session the young traveller reaches to summit, the top of the mountain. It is about the realisation that any mountain can be climbed, understanding the learnings from the previous sessions/journey, seeing clearly & enjoying the view.

It would also be a good time to teach the first tool in the Tool section. Spending time in the silence, or a mini guided meditation which you will find below as the induction & deepener. You could make up your own if you wanted to.

Induction & Deepener – Mini guided meditation beginning.

Take in a deep breath of calmness... and as you let it out in a moment, allow those eyes to close, letting go of any stress and tensions, now.

Breathe in a pure white light, feel yourself filling up with that intense white light of positivity... pushing out anything negative at all.

Now, see yourself in a meadow, a lovely warm summer's day. You can feel the sun on your face, the grass beneath your feet. It's so peaceful. Just breathe. If you should find your mind wandering, just focus on breathing that cool inward breath... that warmer outward breath...

Let's go for a walk in the meadow, along a little path that leads you down the side of a stream. As you watch the water for a time, you

can see the fish swimming, the water plants waving in the gentle current, the multitude of stones on the bottom of the stream, each one different and interesting. You feel even calmer than you did before as you just watch the stream gently flowing along.

Up ahead you can see a beautiful majestic old Oak tree. There's a comfortable seat waiting for you to sit on, underneath the branches of the tree, giving you shelter, rest and peace for a time...PAUSE

Sitting there in the peace & quiet you sink deeper & deeper, feeling more & more comfortable with every breath you take... Down & Down, that's it, your doing great.

As you look up at the beautiful oak tree, you notice a leaf gently falling down from the very highest branch. You watch it as it gently, slowly drifts down & down, down towards the bottom, the grass, the earth. Noticing how it easily twirls around on a gentle breeze as it continues to drift down and down. Always down towards the bottom, as it gently and gracefully comes to rest at the very bottom, on the earth. You can see the leaf in great detail now, the colours, the veins the shape, the size. How intricate it is. How beautiful.

Intervention

As the young traveller opened his eyes on a glorious morning, he realized he was not that far from the top of the mountain. He stood up and looked down the mountain at how far he'd come. And that

realization, that understanding of just how far he'd come was kind of a wow, light bulb moment. "Crikey, have I really achieved all of this? Look how far I've come." And all he did was just focus on one step after the other, the next step, walking up the mountain steadily and surely, one after the other. The young traveller suddenly realized, with absolute certainty and clarity, that he could make it to the top of the mountain. There was no problem, no issue. He could absolutely make it to the top. He could achieve the goal.

So, after having some nourishment, some breakfast, the young traveller picked up his backpack and carried on walking up the mountain, one step in front of the other, moving any rocks and stones that were in the way, any branches. Easily moving them out of the way now, without even a thought, absolute clarity of mind. He began to notice all the things around him, the surroundings. The beautiful flowers, the lush grass, those gorgeous coloured gemstones along the way, the beautiful sunshine... There were clouds that drifted across the sky, sure. But they soon moved out of the way. They never stayed for long.

And come lunchtime, midday, the young traveller realized he was getting a bit hungry. So, paused for a moment and sat down on the edge of a cliff and just looked out in front of him. He saw how beautiful it was, he could see everything. Feeling a lovely breeze, gentle breeze, and just enjoyed the moment. Just enjoyed the peace and the quiet, the sound of silence, and how good that was. While the young traveller ate some lunch, giving himself the nourishment that

his body required to be able to get to the top of the mountain, which wasn't that far away. He could see it so clearly from where he sat. But he still took time to have that nourishment, to have that lunch, to have a good long drink of that lovely cool water. How nice it was. How refreshing. How much clearer he was able to think afterwards.

Just sitting there with his eyes closed, listening to the sounds of nature. He could hear the birds in the distance, calling each other. He could hear the wind, that gentle breeze. Could feel the sunshine on his face. How peaceful it was. And sitting there at that time, realized that it was moments like this that helped the mind to stay clear, to be clear of clutter. He also noticed it was those moments, those times when he took that time out, nourished the body, food and water, that the body felt so much better, was able to work much better, much stronger, much healthier. The young traveller also realized, because of those moments, because of that time out in the silence, he began to understand his body much better. To feel what the body was feeling, and to understand what it was that the body needed to feel better, to work at its very best.

He realized too that he was actively finding those foods that the body required, that water that the body required. There was a feeling of harmony between mind and body and the traveller himself... That felt so good. There was a deep sense of peace and understanding that descended right over and through the young traveller at this very moment. How comforting that was, reassuring. The young traveller

also realized, at this time, that his confidence had grown hugely. So much more confident now.

And knowing just when the time was right to take action again, he folded up his napkin and put it back in his backpack, stood up and carried on walking up the mountain to the top, to the summit. So clearly in sight now. Really focused on the top of the mountain. Now was the appropriate time to do that. Yes, the young travel looked at the path ahead and noticed that there was actually no boulders at all, nothing in the way. So, he focused again on that next step... But now he was so close. The young traveller was looking at the next step and then looking at the top of the mountain, getting closer and closer with every single step.

And within minutes, a short space of time, he was stood on the very top of the mountain, on the summit itself, the highest point. Wow. How amazing that felt. How great it feels to be there. It was a huge feeling of exhilaration, of achievement, of satisfaction, for getting to the top of the mountain. Looking out, seeing the whole view, what lay before, what had happened previously, he now saw in a completely different way. Because from up here, the view is so different from that at the very bottom of the mountain. That sense of achievement is fantastic, phenomenal, and it feels really good... PAUSE

Now, with absolute clarity, the young traveller suddenly understood and realized how the older traveller was able to go up and down the mountain as often as he wanted, but not just this mountain. You see, as the young traveller looked around at the view from the very top,

he also noticed there was loads and loads of other mountains. He was surrounded by mountains of every shape, size you could imagine. Now, he knew how the old traveller could climb any mountain, anywhere, he wanted to, that he felt he needed to. It was so easy. All you had to do is just acknowledge where the top of the mountain was and then focus right down on the very next step in front of your feet, one step at a time. Taking breaks, making sure your body and your brain have the nourishment that it needs, the food, the water, all those things that have been forgotten ages ago, were now remembered. Taking that time out, a break, time to notice and enjoy everything around you.

And as the young traveller stood on the top of that mountain, just enjoying everything in front of him, understanding everything that had gone before, the clouds that were drifting across the sky disappeared, just dissipated and drifted away so that he could see a clear blue sky, and the sun shone so bright, so warm, just touched his face. His whole body. Felt like his batteries were being recharged. But at that moment, at that very moment, the traveller was so full of love, happiness, that deep sense of achievement, and so much confidence, so confident now, there was actually no room inside, mentally, physically, spiritually for anything negative at all, because now he was so full of confidence, that sense of achievement, that knowledge of, "I can do whatever I choose to, whatever I set my mind to," and energy, motivation. There was no room for anything negative at all, because all the spaces were filled up, full of energy, confidence, motivation, focus and understanding.

He was on top of the world, and went on to climb many, many other mountains, different shapes and sizes, but always with the knowledge, with the understanding that it can be achieved just by focusing on one step at a time, nourishment and breaks.

So now I'm going to prepare to bring you back to the here and now, feeling on top of the world and full of confidence. So here we go. Five, four... feel that energy flooding back in through your body... three, two, and one. Feeling fantastic, you can open your eyes.