Welcome to Week 11

Some good ideas from Dan Regan and Claire McGrath

I wanted to send out a thanks to anxiety expert Dan Regan. He practises in the East of the UK and has a fantastic record of success in helping people with all sorts of anxiety conditions

I wanted to share one of his ideas with you. Dan has something he calls a ‘two-pronged approach’ where first he helps clients manage anxiety. Dan says: This means that they can turn down their anxiety level to an appropriate level for what they are doing or experiencing at that time. I will often use my hand to demonstrate that their anxiety is at the top of a scale and can be brought down as they learn to manage it.

Then he moves to the second prong and helps his clients to control anxiety and switch it off when necessary. He says: “I visually turn my hand like I am flicking an imaginary switch from on to off whilst talking to clients about this. I believe that a key cornerstone of success with anxiety clients is having this dual approach both in sessions and in the tasks set for them to put into practise outside sessions. Essentially you are helping them get to a stage where they have learnt to manage and control any anxiety they experience so that they no longer need help now or in the future.”

Dan runs some great programmes and if you are in his neck of the woods I recommend a visit to him.

Another expert practitioner who has some great ideas is Claire Mcgrath who specialises in helping anxious executives. I especially like how she works with distress resilience and tolerance. Claire says:

“Distress tolerance addresses how to tolerate pain in difficult situations, for example where it is outside of the client’s control so they cannot change it. So tolerate the boring lunch meeting or the boring boss – you’ll be home in an hour; tolerate the irritating junior who keeps interrupting – they’ll soon know the ropes.

Tolerate any feelings of distress, it’s not the end of the world and the roof is not going to cave in. Resilience describes a person’s ability to adapt to perceived stressful situations and adversity. Executive stress can come in the form of workplace concerns such as financial crises, redundancy or new working environments. We work on acquiring resilience by developing individual coping strategies.

This allows the client to work effectively through any risk factors. This could be changing the thought process, removing themselves from the situation, getting perspective and creating an internal locus of control.”

You can read more about what both Claire and Dan do in The Hypnotherapy Experts.



Circles of the mind

Do you ever feel as if there is a battle going on in your head? If there a rational side of you saying ‘don’t worry’ and an emotional side which is galloping away. See how things would be if you got these two sides working together to take the best course of action

First of all, find yourself somewhere relaxing to be and use a breathing exercise to help your body enter a calmer state.

Then visualise two circles, side by side and slightly overlapping. Put labels on them, calling one circle emotional mind and the other rational mind. Make them the same size but different colours and make the overlapping section a third colour.

Now let your attention move to the emotional mind section and ask yourself. What is going through my emotional mind? What am I reacting to? What am I feeling? What is the worst thing which could happen?

When you have answered these questions to your own satisfaction, turn your attention to the rational mind. Concentrating on the same events ask what advice would you give a much loved friend in this situation? What are the facts, rather than the feelings about this? What evidence is there that what I am scared of is actually likely to happen?

Then turn your focus back to the emotional mind and see what answers you now get. Do the same again with the rational mind.

Now concentrate on the overlap in the middle. Notice its size and its colour, you may find they are changing. Focus all your attention here and ask what is the good answer for me? What do I need to do to achieve what I set out to achieve? What is s going to be the very best response to this situation which can realistically happen. How would things look when I achieve the outcome I want.

When you feel satisfied that you are moving towards a resolution, you will find a way forward which you feel comfortable with starts to emerge. Notice how your mind feels less conflicted and your body feels calmer.

You can do this exercise as often as you want, whenever you feel you want to work with both your emotional and your rational side. They are both necessary for your wellbeing.