



Anxiety Melting

Essentials Package

INSTRUCTIONS

info@clearmindshypnotherapy.com



ANXIETY MELTING ESSENTIALS PACK

Welcome to this life-changing journey with Clear Minds Hypnotherapy.

The Anxiety Melting Essentials package is designed to help you overcome symptoms of anxiety. It will boost your confidence, as well as positivity and motivation levels.

There are hypnotherapy sessions and guided meditations included, as well as a 5 minute "Come Down To Earth" Emergency trigger session.

Listen to the sessions in the correct order to ensure you get the best results from this 4 week program.

You can create your own personalised plan after week 4 and listen to your favourite or most helpful sessions.

This is your personal journey, best of luck!

Anxiety Melting Sessions & Weekly Plan

There are two hypnotherapy sessions to listen to each week. Listen to both hypnotherapy sessions every day or night - for seven consecutive days. You can play one after another or space them out and listen to them at different times of the day.

If you're limited for time - Listen to one session a day. Choose one and listen for four days and the other for three.

Listen to the Anxiety Melting Sleep Edition before bed.

Listen to the guided meditations in the morning and use the emergency 5 min "Come Down To Earth" trigger session for quick relief.

From week 4 onwards you can choose your own preferred sessions to listen to and make a personalised plan that suits you.

| WEEKLY PLAN | SESSION 1 | SESSION 2 | SESSION FOR SLEEP | GUIDED MEDITATION |
|-------------|------------------------------------|------------------------------------|--------------------------------------|-----------------------|
| WEEK 1 | ANXIETY MELTING | DEEP RELAXATION | ANXIETY MELTING SLEEP EDITION | CALMING ANXIETY |
| WEEK 2 | CONFIDENT DRIVER | OVERCOMING PANIC ATTACKS | ANXIETY MELTING SLEEP EDITION | ANXIETY REDUCING |
| WEEK 3 | POSITIVITY & MOTIVATION | ULTIMATE SELF-CONFIDENCE | ANXIETY MELTING SLEEP EDITION | ANXIETY RELIEF |
| WEEK 4 | LISTEN TO EACH SESSION ONCE | LISTEN TO EACH SESSION ONCE | ANXIETY MELTING SLEEP EDITION | ALTERNATE BETWEEN ALL |

It is important to remember when listening to hypnotherapy

These guidelines will help you get the best from listening to the hypnotherapy sessions:

Never use our sessions when you are driving, operating machinery or could be in danger should you fall asleep.

Do not use hypnotherapy if you suffer from epilepsy.

Do not consume caffeine and /or don't exercise for up to 2 or 3 hours before using the hypnotherapy sessions.

Use the bathroom before relaxing to listen to the sessions.

You may fall asleep during the hypnotherapy sessions as they work on your subconscious mind. In other cases, you may just feel relaxed.

It's preferable to listen to the hypnotherapy sessions in the evening or at night before bed as you'll be more susceptible to the cues of relaxation. This will depend on your schedule.

Wear comfortable clothing - nothing tight or itchy! Choose loose-fitting and light clothes.

Find a quiet and comfortable spot to lie down, like on the sofa or bed. You can also sit upright with your head supported if you want.

Make sure you will not get distracted during the session- kids are in bed, television and radio are off; windows are shut. Switch your phone on flight mode or silent. Prepare yourself fully to avoid being disturbed when you're ready to start.

Use headphones (earphones, headsets or AirPods) for a better surround sound and listening experience. These will also help to minimise distractions from background noise.

Wear comfortable clothing - nothing tight or itchy! Choose loose-fitting and light clothes.

Make sure you focus on one topic at a time. Repeat each session for a few consecutive days to a week in order to get the best results.

Try not to listen to more than two hypnotherapy sessions a day plus one guided meditation.



If you want more resources to help you live your best life, check out our website or follow us on Facebook.

Website:

www.clearmindshypnotherapy.com

Facebook: Clear Minds Hypnotherapy

You can contact us via email at info@clearmindshypnotherapy.com or on Facebook Messenger or Instagram

The Clear Minds Hypnotherapy Team

