



# Children's Wellbeing

Essentials Package

## INSTRUCTIONS

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## CHILDREN'S WELLBEING ESSENTIALS PACK

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

The Children's Wellbeing Essentials package is an all-round effective program of hypnotherapy to help your child through the early stages of development. Suitable for ages 5-16 yrs.

There are hypnotherapy sessions to overcome anxiety, boost confidence, promote happiness and wellbeing, better sleeping, overcome screen addiction, learning difficulties and more.

Make sure you get them to listen to the sessions in the correct order to ensure they get the best results from this five week program.

You can create your own personalised plan for them after WEEK 5 - where they can listen to their favourite sessions in whatever order they like.

This is their personal journey with your greatest support, best of luck!

# Children's Wellbeing Sessions & Weekly Plan

There are ten hypnotherapy sessions included in this pack. It could be that not all the sessions relate to what your child needs to address. Therefore, we have separated the sessions into two categories: **GENERAL LISTENING & SPECIALISED SESSIONS**.

Sessions in the GENERAL LISTENING category can be listened to by all children.

**Follow the order suggested in the table below and have your child listen to one session a night before bed. They must repeat one session for seven consecutive nights before moving on to the next.**

The SPECIALISED sessions can be added each week if they apply - **Your child can listen to two sessions a night**. Otherwise, they can add them at the end of the five weeks and lengthen this to a ten-week program.

WEEKLY PLAN	GENERAL LISTENING	SPECIALISED SESSIONS
WEEK 1	HAPPINESS & WELLBEING	ANGER MANAGEMENT
WEEK 2	ELIMINATE ANXIETY	FUSSY EATING
WEEK 3	SOOTHE TO SLEEP	OVERCOME GRIEF
WEEK 4	ENJOY LEARNING	EXAM ANXIETY
WEEK 5	CONFIDENCE AND POSITIVITY	OVERCOME SCREEN ADDICTION

# 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](http://www.clearmindshypnotherapy.com)

Facebook: Clear Minds Hypnotherapy

You can contact us via email at [info@clearmindshypnotherapy.com](mailto:info@clearmindshypnotherapy.com) or on Facebook Messenger or Instagram

*The Clear Minds Hypnotherapy Team*

