



clear minds



Mental Health

Essentials Package

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Introduction

Are you ready to embark on a journey of freedom and happiness whilst you embrace this moment of positive change to your mental health and wellbeing.

This program is designed to systematically enhance your overall mental wellbeing, offering insights and techniques at every stage through your healing process. We use a holistic approach, which goes beyond mere symptom management. We aim to explore the subconscious mind to tackle the foundational aspects of mental health challenges.

Hypnotherapy allows access to the subconscious mind where beliefs, memories, and emotions are stored. But also trauma, negative thought patterns, and unresolved emotions too. By accessing this part of the mind we can help identify and address underlying issues contributing to mental health challenges. The therapist will guide you into a deeply relaxed state, which helps reduce stress levels and promotes a sense of calmness – beneficial for managing anxiety and alleviating symptoms of depression.

With the aid of the self-hypnosis sessions you can identify and reframe negative thought patterns and beliefs leading to depression and anxiety. Negative beliefs can be replaced with more positive and empowering ones, overall promoting healthier thought patterns and behaviours. We will help you learn and reinforce coping strategies and resilience-building techniques to better manage stressors and daily challenges. You will respond better to difficult situations more effectively, reducing the impact of stress on your mental health.

When you reach the end of the 4 week plan, you can continue to use the sessions to help stay relaxed and for ongoing support. It's important you maintain a positive and calm state of mind.

We understand that everyone's journey is unique.

Remember you have the flexibility to tailor the program to your needs. You can pick and choose sessions that resonate with you better and swap or repeat any – listen to max. 2 hypnotherapy sessions a day. If required adapt this program adjusting the schedule to one that suits you.

Should you find yourself in need of guidance or with any questions please contact our helpful customer service team.

You can reach out to us at 24/7 via email: info@clearmindshypnotherapy.com.



Getting Started

Now you are ready to start your journey of enlightenment to unlock your full potential and take control of your mental health.

It's time gain back your self-love and find that inner strength to confront everyday challenges. With this program you will undergo a profound transformation of mind, body, and spirit, whilst redefining your identity beyond your past struggles and trauma.

Follow carefully and Hugh, your hypnotherapist will guide you on a journey of healing and empowerment. During your rediscovery with the Clear Minds sessions you will address the root causes to your trauma and any underlying issues or stressors that can be detrimental to your mental state. You will learn trigger-management techniques and coping mechanisms to gain back your self-belief and strength - to face challenges head-on.

"Let this be the moment you decide to steer your life towards the horizon of recovery and self-belief. Change is within your grasp." Hugh

Hugh has over 25 years experience as a leading specialist in neuro-linguistic programming, hypnotherapy and CBT specialising in mental health therapy. He uses a unique approach with calculated cues to help you reach a state of deep relaxation fast and efficiently. This allows for complete peace of mind and concentration to communicate clear messages that are beneficial to you on your journey of holistic healing and gaining back your self belief.

This is your new beginning and moment for a positive change!
You will rediscover what it is like to feel happy again because you are strong, free and good enough.

It's time to take the next step listening to the hypnotherapy sessions.
Sit back or lie down - RELAX and hit play!

Let the hypnotherapist's words help you drift off starting you on your journey. Listen to the guided meditations and breathwork session in the morning and the hypnotherapy before going to bed.



What's Included

This pack is complete with 21x specialised hypnotherapy sessions, 7x guided meditations, 3x breathwork and 1x SOS Trigger session. The sessions in this guide have been split into 2x categories: 'General Listening,' which everyone can use following the weekly schedule. The 'Mental Health' list are more case-specific sessions. You don't need to listen to every session in this list if they don't apply. Instead, select the sessions to fit your needs and use the ones that will benefit you the most. See included in the pack:

General Listening

SOS Trigger Session

Come Back Down to Earth

Breathwork

Anxiety SOS Breathwork

Depression Exhaled Breathwork

Path To Enlightenment Breathwork

Guided Meditation

Anxiety Reducing

Anxiety Relief

Calming Anxiety

Self Love

Inner Peace and Calm

Being Present in The Moment

Manifest Your Desired Lifestyle

Hypnotherapy Sessions

Anxiety Elimination

Anxiety Melting Sleep Edition

Overcoming Panic Attacks

Deep Relaxation

Positivity and Motivation

Relaxation Mindfulness

Worry Less

Stress Less

Stress Elimination

Eliminate Work & Financial Stress

Selective Listening

Hypnotherapy Sessions

ADHD Management

Anger Management

Overcome Adverse Childhood Experiences

Overcome Depression

Overcome Fears of Abandonment

Overcome OCD

Overcome Grief

Overcome PTSD

Regaining Emotions

Overcome Agoraphobia

Overcome Fears and Phobias

- Listen to **2x hypnotherapy sessions a day**
1x 'General Listening' (see schedule)
1x 'Selective Listening' (your choice)
Listen day or night & use 1x for sleep
e.g. Stress Less + ADHD Management
- Listen to at least **1x guided meditation or 1x breathwork session** (see schedule)
Listen daytime or morning
e.g. Inner Peace and Calm
or. Anxiety SOS Breathwork
- Use the **5 min SOS trigger session for quick relief** in moments of urgency

WEEK 1

MONDAY

Inner Peace and Calm To Start Guided Meditation
+
Stress Less Hypnotherapy

TUESDAY

Calming Anxiety Guided Meditation
+
Stress Elimination Hypnotherapy

WEDNESDAY

Manifest Your Desired Lifestyle Guided Meditation
+
Eliminate Work & Financial Stress Hypnotherapy

THURSDAY

Anxiety SOS Breathwork
+
Worry Less Hypnotherapy

FRIDAY

Anxiety Relief Guided Meditation
+
Stress Less Hypnotherapy

SATURDAY

Anxiety Reducing Guided Meditation
+
Path to Enlightenment Breathwork

SUNDAY

Anxiety SOS Breathwork
+
Eliminate Work & Financial Stress Hypnotherapy

WEEK 2

MONDAY

Manifest Your Desired Lifestyle Guided Meditation
+
Anxiety Elimination Hypnotherapy

TUESDAY

Anxiety SOS Breathwork
+
Worry Less Hypnotherapy

WEDNESDAY

Anxiety Relief Guided Meditation
+
Anxiety Melting Sleep Edition Hypnotherapy

THURSDAY

Anxiety Reducing Guided Meditation
+
Overcoming Panic Attacks Hypnotherapy

FRIDAY

Inner Peace and Calm To Start Your Day Guided Meditation
+
Stress Less Hypnotherapy

SATURDAY

Anxiety SOS Breathwork
+
Anxiety Elimination Hypnotherapy

SUNDAY

Self Love Guided Meditation
+
Positivity and Motivation Hypnotherapy

WEEK 3

MONDAY

Anxiety SOS Breathwork
+
Deep Relaxation Hypnotherapy

TUESDAY

Calming Anxiety Guided Meditation
+
Stress Elimination Hypnotherapy

WEDNESDAY

Depression Exhaled Breathwork
+
Anxiety Melting Sleep Edition Hypnotherapy

THURSDAY

Self Love Guided Meditation
+
Positivity and Motivation Hypnotherapy

FRIDAY

Inner Peace and Calm To Start Your Day Guided Meditation
+
Relaxation Mindfulness Hypnotherapy

SATURDAY

Manifest Your Desired Lifestyle Guided Meditation
+
Path to Enlightenment Breathwork

SUNDAY

Being Present in The Moment Guided Meditation
+
Deep Relaxation Hypnotherapy

WEEK 4

MONDAY

Self Love Guided Meditation
+
Worry Less Hypnotherapy

TUESDAY

Anxiety Reducing Guided Meditation
+
Anxiety Elimination Hypnotherapy

WEDNESDAY

Anxiety SOS Breathwork
+
Relaxation Mindfulness Hypnotherapy

THURSDAY

Depression Exhaled Breathwork
+
Stress Less Hypnotherapy

FRIDAY

Inner Peace and Calm To Start Your Day Guided Meditation
+
Positivity and Motivation Hypnotherapy

SATURDAY

Be Present in the Moment Guided Meditation
+
Anxiety Melting Sleep Edition Hypnotherapy

SUNDAY

Manifest Your Desired Lifestyle Guided Meditation
+
Deep Relaxation Hypnotherapy

WEEKLY QUESTIONNAIRE

Write 3x good things that have happened to you this week

Describe how you felt when after they happened

List 3x things you are grateful for

List 3x things you've wanted to do for some time

How are you going to make them happen?

Have you struggled at times this week?

What emotions and thoughts ran through your mind?

How did you cope with these feelings?

Was there anything you wish you'd done differently?

How will you react next time you face a challenge?

Have you had moments when you felt low?

Can you pinpoint what may have caused you to feel this way?

What did you do to distract yourself?

Can you think of a hobby that could distract you more regularly?

How will you go about starting out your hobby?

What are your hesitations to starting a hobby (if you have any)?

How are you going to switch these thoughts and motivate yourself?

Which of the sessions did you find most helpful week and why?