

Calm & Clear ADHD

Essentials Package



Hypnotherapy Package

www.clearminds.com



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Introduction

Welcome onboard your journey to a happier future, more focused and balanced managing ADHD symptoms.

Unlock your full potential with this life-changing hypnotherapy program to aid with **Attention Deficit Hyperactivity Disorder**. It's designed to free your mind, whilst eliminating the debilitating side effects and emotions caused by ADHD. Say goodbye to the chaos of scattered thoughts, overpowering distractions and impulsive actions tormenting your mind.

Learn coping mechanisms and tactics to minimise stress.

Take time to reset and recapture your thoughts for healthier decision-making.

We use a holistic approach to hypnotherapy aided by deep relaxation and de-stressing techniques. This helps reset your mind taking control of your core objectives.

Follow this guide carefully to get the most out of each session.

Listen to one hypnotherapy session with one guided meditation a day to help you achieve the best results.

When you reach the end of the schedule – please continue to use the sessions to stay focused if you need to by repeating your favourite sessions. This helps you maintain a healthy state of mind for long-term success.

We understand that everyone's journey is unique.

You have the flexibility to tailor the program to your needs.

If you prefer to pick and choose sessions that resonate with your goals better, you can adapt this program and adjust the schedule whenever.

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

We are available to answer your queries **24/7 via email:**
info@clearmindshypnotherapy.com.



Getting Started

There are **eight** specialised hypnotherapy sessions in this pack targeted at helping with ADHD Management including a sleep edition session, which plays on a loop. Also, find two guided meditations for easy-listening in the morning. See included in this pack:

Hypnotherapy sessions

1. ADHD Management Hypnotherapy
2. Breaking Free from Addiction ADHD Hypnotherapy
3. Calm and Collected ADHD Emotional Reset Hypnotherapy
4. Chaos to Clarity ADHD Life Reset Hypnotherapy
5. Melt to Sleep Quiet Mind ADHD Hypnotherapy
6. Limitless Mental Focus Hypnotherapy
7. Discipline & Time Management Hypnotherapy
8. Confidence & Self Esteem Hypnotherapy

Guided Meditations

1. Inner Peace and Calm to Start Your Day Guided Meditation
2. Manifest Your Desired Lifestyle Guided Meditation

Each session is designed to unlock and free your mind from the controlling symptoms of ADHD. Listen to max. two sessions a day.

Use a short guided meditation in the morning or anytime in the day. Listen to the hypnotherapy session in the evening / night before bed. You may fall asleep to the session, which is good.

The sleep edition plays on a loop allowing the messages to repeat in your mind for longer, which reinforces the effects even more.

If you miss out a session – you can pick up the course where you left off and continue listening as normal.

Find a quiet and comfortable place to listen, minimise distractions and use headphones or AirPods to maximise listening experience.



WEEK 1

MONDAY

Inner Peace and Calm to Start Your Day Meditation
+
ADHD Management Hypnotherapy

TUESDAY

Inner Peace and Calm to Start Your Day Meditation
+
Calm and Collected ADHD Emotional Reset Hypnotherapy

WEDNESDAY

Inner Peace and Calm to Start Your Day Meditation
+
Discipline & Time Management Hypnotherapy

THURSDAY

Inner Peace and Calm to Start Your Day Meditation
+
ADHD Management Hypnotherapy

FRIDAY

Inner Peace and Calm to Start Your Day Meditation
+
Confidence & Self Esteem Hypnotherapy

SATURDAY

Inner Peace and Calm to Start Your Day Meditation
+
Melt to Sleep Quiet Mind ADHD Hypnotherapy

SUNDAY

Inner Peace and Calm to Start Your Day Meditation
+
Breaking Free from Addiction ADHD Hypnotherapy



WEEK 2

MONDAY

Manifest Your Desired Lifestyle Guided Meditation
+
Chaos to Clarity ADHD Life Reset Hypnotherapy

TUESDAY

Manifest Your Desired Lifestyle Guided Meditation
+
Limitless Mental Focus Hypnotherapy

WEDNESDAY

Manifest Your Desired Lifestyle Guided Meditation
+
Melt to Sleep Quiet Mind ADHD Hypnotherapy

THURSDAY

Manifest Your Desired Lifestyle Guided Meditation
+
ADHD Management Hypnotherapy

FRIDAY

Manifest Your Desired Lifestyle Guided Meditation
+
Calm and Collected ADHD Emotional Reset Hypnotherapy

SATURDAY

Manifest Your Desired Lifestyle Guided Meditation
+
Confidence & Self Esteem Hypnotherapy

SUNDAY

Manifest Your Desired Lifestyle Guided Meditation
+
Breaking Free from Addiction ADHD Hypnotherapy



WEEK 3

MONDAY

Inner Peace and Calm to Start Your Day Meditation
+
Melt to Sleep Quiet Mind ADHD Hypnotherapy

TUESDAY

Inner Peace and Calm to Start Your Day Meditation
+
Calm and Collected ADHD Emotional Reset Hypnotherapy

WEDNESDAY

Inner Peace and Calm to Start Your Day Meditation
+
Discipline & Time Management Hypnotherapy

THURSDAY

Inner Peace and Calm to Start Your Day Meditation
+
Limitless Mental Focus Hypnotherapy

FRIDAY

Inner Peace and Calm to Start Your Day Meditation
+
ADHD Management Hypnotherapy

SATURDAY

Inner Peace and Calm to Start Your Day Meditation
+
Chaos to Clarity ADHD Life Reset Hypnotherapy

SUNDAY

Inner Peace and Calm to Start Your Day Meditation
+
Melt to Sleep Quiet Mind ADHD Hypnotherapy



WEEK 4

MONDAY

Manifest Your Desired Lifestyle Guided Meditation
+
Confidence & Self Esteem Hypnotherapy

TUESDAY

Manifest Your Desired Lifestyle Guided Meditation
+
Chaos to Clarity ADHD Life Reset Hypnotherapy

WEDNESDAY

Manifest Your Desired Lifestyle Guided Meditation
+
ADHD Management Hypnotherapy

THURSDAY

Manifest Your Desired Lifestyle Guided Meditation
+
Calm and Collected ADHD Emotional Reset Hypnotherapy

FRIDAY

Manifest Your Desired Lifestyle Guided Meditation
+
Breaking Free from Addiction ADHD Hypnotherapy

SATURDAY

Manifest Your Desired Lifestyle Guided Meditation
+
Melt to Sleep Quiet Mind ADHD Hypnotherapy

SUNDAY

Manifest Your Desired Lifestyle Guided Meditation
+
Limitless Mental Focus Hypnotherapy





Why not join our community.

and Emotional Support Group where you can meet people and share your experiences with over 80,000 members

Live chat with one of our agents and browse more hypnotherapy here:

www.clearminds.com

Facebook: @clearminds

Contact us:

info@clearmindshypnotherapy.com or
via Facebook Messenger or Instagram
to get advice on your journey.

All the best,

The Clear Mind Teams



Guide to listening to the hypnotherapy sessions

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

- Never use our sessions when driving, operating machinery or in danger should you fall asleep. Do not use hypnotherapy if you suffer from epilepsy.
- Do not consume caffeine or exercise for up to 2 or 3 hours before listening.
- Use the bathroom before relaxing to the session.
- You may fall asleep during the hypnotherapy session 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 will be more susceptible to the cues of relaxation. However, this may depend on your work schedule. In which case, whatever suits you best.
- 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 prefer.
Wear comfortable clothing – Choose loose-fitting and light clothing (nothing too tight or itchy!)
- You can meditate or practice breathing techniques a little if you need help relaxing beforehand.
- Check out the Clear Minds Hypnotherapy App to find additional help with both of these things. Make sure you have no distractions during the session– (e.g, kids are in bed, television and radio are off; windows are shut.) Switch your phone on flight mode or silent.
- Fully prepare yourself to avoid any disturbances before you get started listening to the session.
- Use headphones (earphones, headsets or AirPods) – for a better surround sound and listening experience. These will help minimise distractions from background noise.
- Try not to listen to more than two hypnotherapy sessions a day plus one guided meditation. Make sure you focus on one topic at a time. Repeat each session for a 7-10 consecutive days to get the best results. Unless, you are following instructions included in any of the bundle packs.
- Really listen & concentrate to the words at the beginning to help reach a state of hypnosis helped by the repetition of certain phrases and cues.
- Then, relax and let the session work on your subconscious thoughts.

Contact us: info@clearmindshypnotherapy.com

