

## Second Issue

### Editor's note

We can improve our mindset, which will improve our lives and relationships. In this digital newspaper we'll bring you the information to make a difference and hope that if you find a good source on the Internet you'll share it with us too. The majority of the information and resources will be free but if you ever need professional hypnotherapy or advice about hypnosis visit: The web pages of the British Society of Clinical Hypnosis [www.bschn.org.uk](http://www.bschn.org.uk) - Welcome to our next 30 or so articles but you can scroll for more!

### Hypnosis alters how you process information, study finds

[dailymail.co.uk](http://dailymail.co.uk)

The team discovered that the way our brain processes information is fundamentally altered during hypnosis when compared to a natural 'waking state'.

Shared by Tom Connolly



### InsightTimer - Video Snippets

[insighttimer.com](http://insighttimer.com)

Short videos to help bring out the best in you and inform the rest of you!

Shared by Tom Connolly



### Free Sessions - Karin Momberg

[youtube.com](http://youtube.com)

Free recorded recordings by Karin Momberg - English and Spanish versions

Shared by Tom Connolly

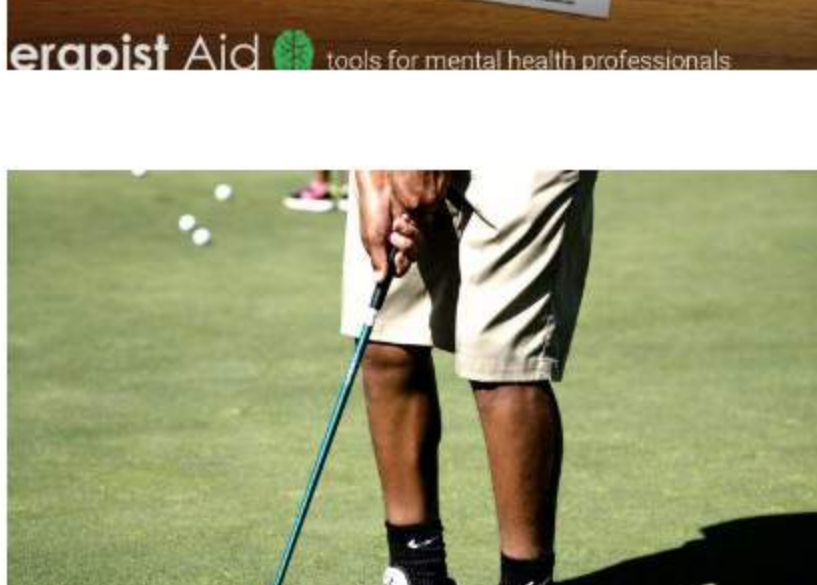
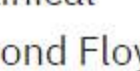


### Appreciation exercise for challenging times

[minervatherapy.co.uk](http://minervatherapy.co.uk)

When times are hard, practising appreciation can help us ground ourselves and find the strength to carry on.

Shared by Tom Connolly



### Why using hypnosis to improve your golf should be par for the course

[bedfordconsultingrooms.com](http://bedfordconsultingrooms.com)

by: Mark D. Leahy BSc (Hons) Psych, PgDip, MSc (Distinc) Clin Hyp, MBPsS, DBSCH Clinical Hypnotherapist Golf can be an infuriating game to master! In fact, according to Raymond Floyd (winner of four ...

Shared by Tom Connolly

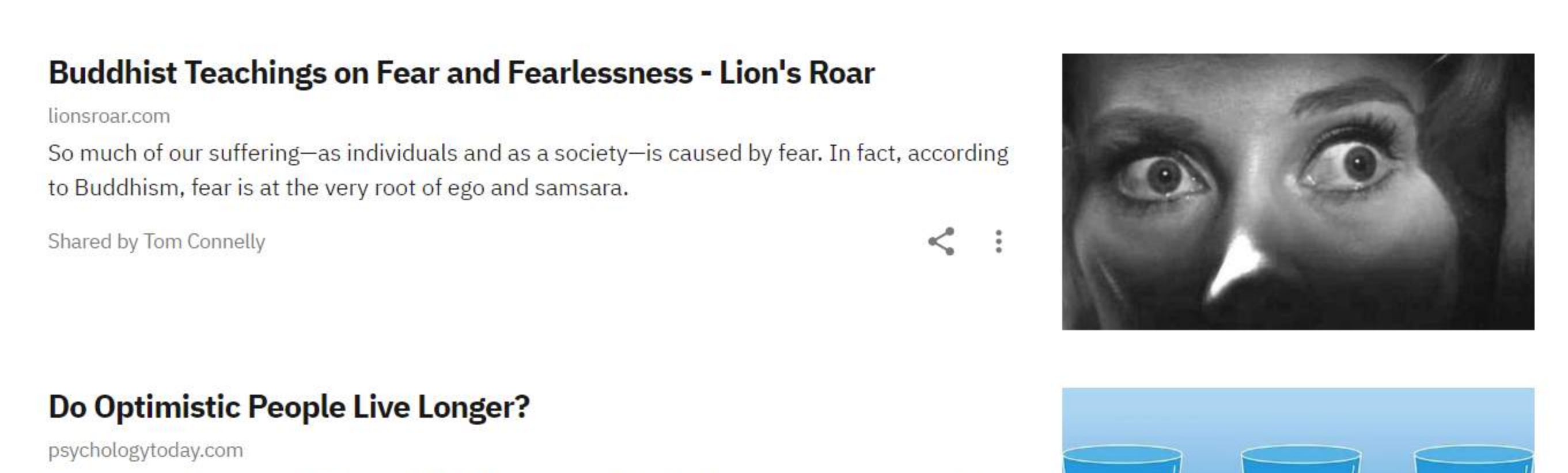
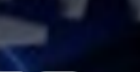


### 12 Powerful Ways to Help Overcome Social Anxiety

[psychologytoday.com](http://psychologytoday.com)

Social anxiety disorder is often misunderstood, and many people could be suffering in silence. It's much more than feeling shy and not wanting to speak up in big groups.

Shared by Tom Connolly



### Buddhist Teachings on Fear and Fearlessness - Lion's Roar

[lionsroar.com](http://lionsroar.com)

So much of our suffering—as individuals and as a society—is caused by fear. In fact, according to Buddhism, fear is at the very root of ego and samsara.

Shared by Tom Connolly



### Do Optimistic People Live Longer?

[psychologytoday.com](http://psychologytoday.com)

Do optimists live longer than pessimists? It depends on the kind of optimist you are. Find out the traits that are linked to longevity, health, and happiness.

Shared by Tom Connolly



### Getselfhelp.co.uk Free Downloads - CBT worksheets & leaflets

[getselfhelp.co.uk](http://getselfhelp.co.uk)

Download and print therapy worksheets, self help guides and leaflets

Shared by Tom Connolly



### Can Our Minds Live Forever?

[medium.com](http://medium.com)

In a study published on May 14, 2018, in the journal eNeuro, researchers at UCLA described how they removed memories from one sea snail and injected them into another sea snail in the form of RNA...

Shared by Tom Connolly



### You're getting very curious: Scientists discover how hypnosis actually works

[cnbc.com](http://cnbc.com)

A new Stanford study explores exactly how hypnosis works and how it can serve as pain and mental health treatment.

Shared by Tom Connolly



### How Practicing a 'Flow State' Is Revolutionary for HSPs

[highlysensitiverefuge.com](http://highlysensitiverefuge.com)

"Getting into the flow" can help calm the overstimulated HSP mind.

Shared by Tom Connolly

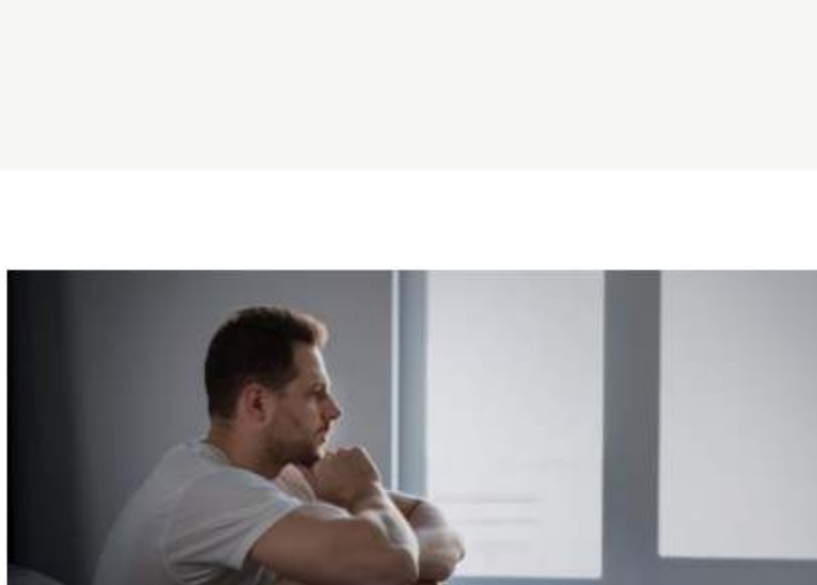


### Has the Pandemic Ruined Your Motivation? Here Are 3 Scientifically Proven Ways to Get It Back

[inc.com](http://inc.com)

It's not just you.

Shared by Tom Connolly

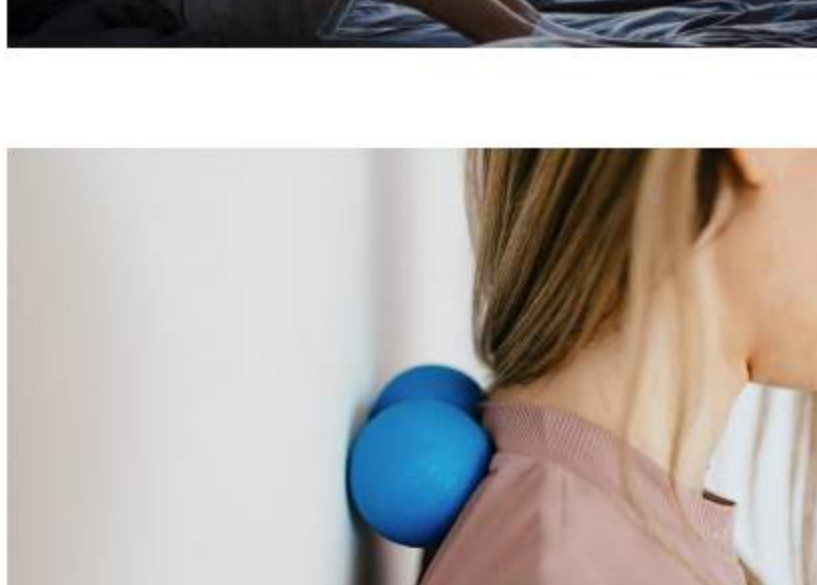


### How "Fake It 'Till You Make It" Really Is a Thing

[psychologytoday.com](http://psychologytoday.com)

Acting as if you are a cheerful person will lift your spirits. Science says so.

Shared by Tom Connolly



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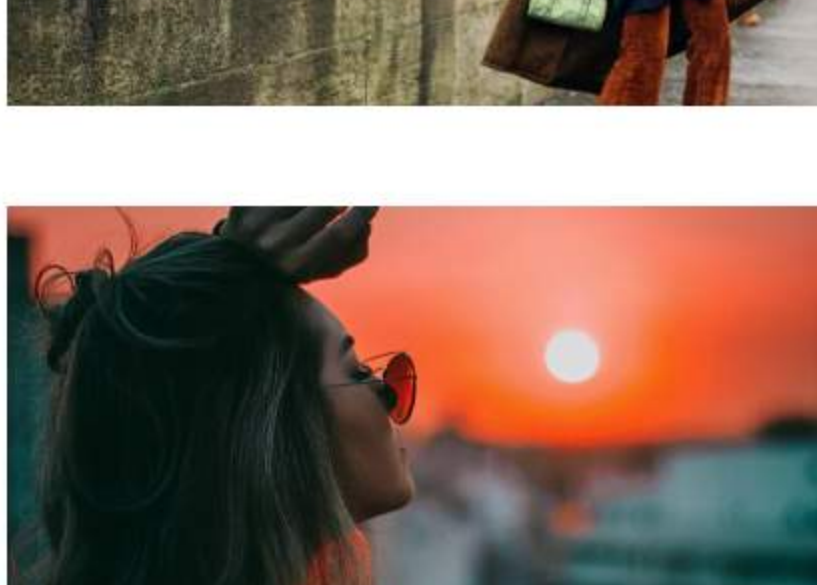
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### 5 Reasons Why People May Feel Nothing

[psychologytoday.com](http://psychologytoday.com)

... and 5 ways to reactivate them.

Shared by Tom Connolly

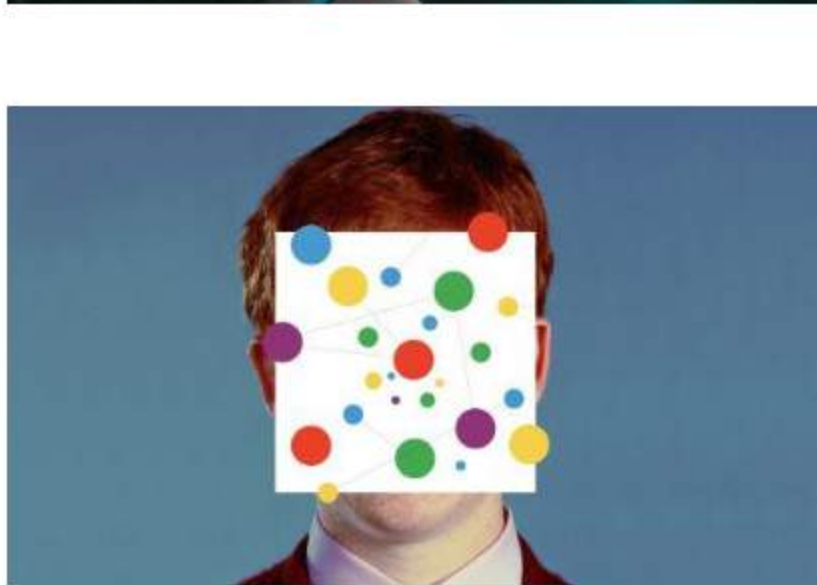


### Mind-Body Approaches to Pain Relief

[therapypions.wordpress.com](http://therapypions.wordpress.com)

Photo by Karolina Grabowska on Pexels.com In hypnotherapy we use different techniques in order to achieve an altered state of consciousness from where to train our mind to focus, observe, accept or C...

Shared by Tom Connolly



### Can you train yourself to become more optimistic?

[harpersbazaar.com](http://harpersbazaar.com)

How to trick your brain into feeling happier

Shared by Tom Connolly

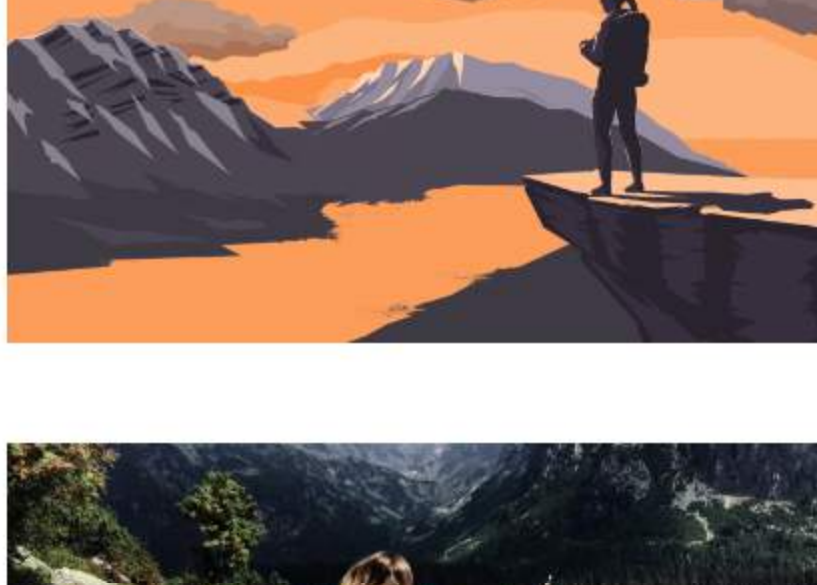


### Knowing Your Purpose Will Transform Your Life. Here's How to Figure It Out

[addicted2success.com](http://addicted2success.com)

Becoming familiar with your life purpose will change your life. It was such a liberating experience for me when I first learned about why I came to this Earth and what I needed to learn. It literally...

Shared by Tom Connolly



### How to Polish Your Personality

[psychologytoday.com](http://psychologytoday.com)

Most people recognize the need to tweak various facets of their personality, and it's entirely possible to do so. Change starts with a critical assessment of your traits and whether they work well fo...

Shared by Tom Connolly



### Although Hypnosis May Seem Magical, It's Really Science

[moniqueuchienier.medium.com](http://moniqueuchienier.medium.com)

Leading up to the U.S. election 2020, I saw a meme trending on Facebook that read, Stop asking candidates if they "believe in" climate change and start asking if they understand it. It's science, not...

Shared by Tom Connolly

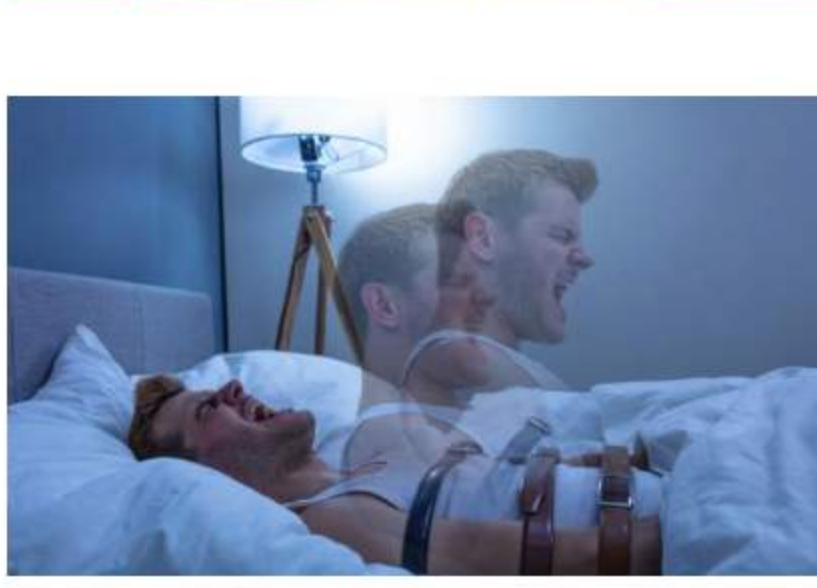


### Want to achieve your goals? Pick up these 4 habits

[ideas.ted.com](http://ideas.ted.com)

What is one goal you wish you could accomplish? Chances are, you have no problem naming it, so what holds you back from achieving it?

Shared by Tom Connolly



### The Japanese Concept 'Ikigai' is a Formula for Happiness and Meaning

[betterhumans.pub](http://betterhumans.pub)

Flash back to 2012. You would find me squished between Wall Street bankers on a bus heading out of New York City at the height of rush hour, with a two hour commute ahead. Stress-induced cortisol was...

Shared by Tom Connolly



### 9 self-help books for your kids because they can't yet help themselves

[ew.com](http://ew.com)

While they don't actually make self-help books for little ones, picture books have been doing the heavy lifting for years. EW has compiled some of the best recent release.

Shared by Tom Connolly



### This Woman's Lifelong Fear Of Fruit And Vegetables Was Cured By Hypnotherapy

[goodnewsnetwork.org](http://goodnewsnetwork.org)

A Coventry woman was afraid to eat fruit and vegetables. Then she got hypnotherapy sessions from Russell Hemmings that changed her life.

Shared by Tom Connolly



### Why Sleep Paralysis Happens (and How to Prevent It)

[psychologytoday.com](http://psychologytoday.com)

Sleep paralysis is a freaky phenomenon that has inspired ghost and alien stories. Fortunately, there's a scientific explanation for why it happens and ways to prevent it.

Shared by Tom Connolly



### Can Hypnosis Help You Find The Love Of Your Life?

[stevejones.com](http://stevejones.com)

People are goal-oriented. We have career goals, fitness goals, personal goals, family goals, and more. All these goals can wrap up into a pretty busy

Shared by Tom Connolly



### Using Mental Imagery To Enhance Your Sporting Performance

[adam-eason.com](http://adam-eason.com)

There are a number of ways and means of enhancing your sporting performance by using mental imagery and I thought that I would share that with you today.

Shared by Tom Connolly



### Visualization Meditation: 5 Exercises to Try

[healthline.com](http://healthline.com)

Looking to up your meditation game? Try adding a little visualization into the mix.

Shared by Tom Connolly



### These 12-Minute Reflection Exercises Could Nearly Double Your Productivity And Happiness

[forbes.com](http://forbes.com)

Getting a hard-charging leader to pause, breathe and reflect for even a few minutes can be like trying to calm a toddler on a sugar-high. But as you'll see, if you do two very specific types of refle...

Shared by Tom Connolly



### Six Research-Based Elements of Self-Transcendence

[psychologytoday.com](http://psychologytoday.com)

Detailed analysis of life narratives reveals what moves us beyond ourselves.

Shared by Tom Connolly



### What is dream yoga and how do you do it?

[lionsroar.com](http://lionsroar.com)

If you indulge your fantasies, lucid dreaming becomes super-samsara. If you go deeper, lucid dreaming can develop into dream yoga—spiritual practice.

Shared by Tom Connolly



### Using A Warm Hand And Hypnosis To Ease IBS Symptoms

[adam-eason.com](http://adam-eason.com)

Following on from my blog article of last week, I am back with a simple and easy process today to help ease IBS symptoms.

Shared by Tom Connolly



### The Science & Similarities of Hypnotherapy & Traditional Therapy

[medicircle.com](http://medicircle.com)

Hearing the words "hypnotist" or "hypnotherapy" may spark images of mind-controlled individuals clucking like a chicken in front of a laughing audience. While the entertainment industry has leveraged...

Shared by Tom Connolly



### A Skeptical Reporter Explores the Healing Potential of Hypnotherapy

[houderetroit.com](http://houderetroit.com)

A reporter explores hypnotherapy, which has been said to help with symptoms related to anxiety, SAD, and situational depression.

Shared by Tom Connolly

