Being The Best You Can Be

self-hypnosis - hypnotherapy - positivity - meditation - mindfulness

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Editor's note

Welcome to issue Five...

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 the majority of the material and resources will be free - but if you ever need professional hypnotherapy or advice about hypnosis visit: The pages of the British Society of Clinical Hypnosis **www.bsch.org.uk** - Welcome to our next 20 or so articles but you can click 'load more' to get to the earlier issues!

The science behind panic attacks — and what you can do to manage them

ideas.ted.com

Roughly one in three people will experience panic attacks at some point during their lives. But there is good news: They usually pass in 10 - 15 minutes, and you can use a few techniques to manage th...

Shared by Tom Connelly

Heart Meditation: Taking in the Goodness (24:31 min.)

tarabrach.com

This meditation guides us to look for the source of loving and to turn in that direction, continued with a practice of seeing the goodness.

Shared by Tom Connelly

5 Ways to Use Positive Self-Talk to Psych Yourself Up

psychologytoday.com

Positive self-talk could help you regulate emotions and boost your performance.

Shared by Tom Connelly

Remember people's names once and for all — by using this technique from memory champs

ideas.ted.com

Just take the strategy employed by memory athletes to memorize decks of cards and thousands of digits of pi, and adapt it to get over stranger-name forgetfulness.

Shared by Tom Connelly

Would You Fall for These Persuasion Tricks?

psychologytoday.com

We like to think we're logical, but we're surprisingly easy to fool.

Shared by Tom Connelly

Autogenic Training

goodtherapy.org

Autogenic training, developed to help people reduce stress through relaxation responses, may effectively address a number of physical and emotional concerns.

Shared by Tom Connelly

Mindful Eating Exercises to Try

health.clevelandclinic.org

Studies have found that mindfulness techniques can be helpful with reducing binge eating and emotional eating. Here's how to work toward more mindful eating.

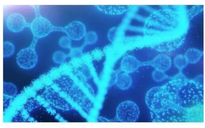
Shared by Tom Connelly

Panpsychism, the idea that inanimate objects have consciousness, gains steam in science communities

salon.com

An expanding notion of what "consciousness" is could have profound repercussions

Shared by Tom Connelly



5 Happiness Hacks That Take 5 Minutes Or Less

huffpost.com

Feeling stressed or down? These science-backed tips will boost your mood quickly.

Shared by Tom Connelly

Positive Thinking Is Powerful During and After Cancer Treatment

curetoday.com

Channeling optimism during your cancer journey isn't just about living longer — it's about living better.

Shared by Tom Connelly

The Bizarre Phenomenon of Subliminal YouTube Videos

vice.com

Millions of people think watching "subliminals" will make them grow taller and manifest money, but some say YouTubers are hiding dark messages in their videos.

Shared by Tom Connelly

The Secret to Happiness? Thinking About Death.

outsideonline.com

Engaging with a handful of evolutionary discomforts can dramatically improve our mental, physical, and spiritual wellbeing. One of those fruitful discomforts? Thinking about dying.

Shared by Tom Connelly

A Strategy to Stop Your Past From Hijacking Your Present

psychologytoday.com

Are past memories affecting your present life? Remind yourself that it's over.

Shared by Tom Connelly

Amy Cuddy on How to Find Power and Confidence in a Crisis

inc.com

Overcoming obstacles begins with eliminating distractions, according to Cuddy.

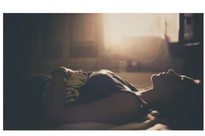
Shared by Tom Connelly

Desperate to get rid of my insomnia, I tried hypnosis

sbs.com.au

When I was instructed to open my eyes, I felt drowsy, like I'd woken from a nap.

Shared by Tom Connelly



Need to find a registered hypnotherapist?