

A dark blue vertical bar runs down the left side of the page. A blue arrow points to the right from the bar, containing the word 'HELP' in white capital letters.

HELP

# Coronavirus Anxiety Rescue Package

Several thin, curved lines in shades of blue and grey originate from the bottom left and sweep upwards and to the right, creating a sense of movement or waves.

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**Caution Hypnotherapy is not suitable for anyone with epilepsy or severe mental health problems**

Hypnosis is a naturally occurring state of mind we all go into every day eg when you are daydreaming, watching television , reading a book etc

Everyone goes into hypnotic states every day

When you are in a hypnotic state your conscious mind is not so alert. You could be engrossed in a book and totally unaware when someone tries to get your attention. You are not consciously so aware of them

Clinical Hypnotherapy uses this phenomenon as when your conscious mind is not so alert your subconscious mind is more accessible and suggestions given by a hypnotherapist are more likely to be accepted. Hypnotherapy will help you become more relaxed using suggestions, words and visualisations.

You will only accept suggestions that are right for you. You are in total control.

It is estimated that 85% of people will readily respond to clinical hypnotherapy.



## Intro

### Beat your anxiety in 3 easy steps

In these unprecedented times anxiety can go through the roof, even people who are not normally anxious can be affected . This programme can help you. I have used this type of therapy for many years with amazing results. You can really be helped if you follow the advice on here

If you need help with any part I am happy to answer any queries through email or my private Facebook Group

[https://www.facebook.com/groups/208334367108475/?source\\_id=108958142458828](https://www.facebook.com/groups/208334367108475/?source_id=108958142458828)

I will also be doing some online help sessions.



## Emotions

**First let's check your emotions. Are they healthy or unhealthy?**

**Anxiety is not a healthy emotion  
Concern is the healthy emotion**

**You can be healthily concerned or unhealthily anxious**

**How do you know if you are unhealthily anxious or healthily concerned?  
Which column applies to you most?**

Anxiety	Concern
Tendency to think more about the negative features of the virus situation	Can think about positives as well as negatives. (Believe it or not there are some)
We underestimate our ability to cope with the situation	We are able to cope even though it can be difficult
We tend to create lots of what ifs, what if this happens, what if that happens	We don't create lots of what ifs
We don't face up to the situation	We face up to the situation realistically
We want to tranquilise our feelings, eg alcohol, drugs, food etc	We talk about our feelings and don't tranquilise them.
We tend to catastrophise, its awful, the worst thing in the world	We don't catastrophise. We can look forward with hope

## Physical symptoms of anxiety

Chest tightness	Chest pain /palpitations	Indigestion
Breathlessness	Nausea	Unexplained aches and pains
Headaches	Insomnia	Recurrence of previous illness/allergies
Constipation/diarrhea	Weight loss/ weight gain	Change in menstrual cycle

## Beliefs

**It's not totally the situation that causes the outcome, it's how we view the situation, and how we view the situation comes from our beliefs**

### **What is the Connection between emotions and beliefs?**

**To reduce anxiety related to Coronavirus we need to check your beliefs and find out if they are healthy or unhealthy**

**Healthy beliefs** cause healthy feelings, thoughts, behaviour and symptoms  
Healthy beliefs are flexible, consistent with reality and help you

**Unhealthy beliefs** cause unhealthy feelings, thoughts, behaviour and symptoms  
Unhealthy beliefs are rigid, inconsistent with reality and disturb you

Unhealthy beliefs are demands we make on ourselves or others. *If you demand that certain things must or must not happen you will disturb yourself*



## Beliefs and Emotions

### UNHEALTHY BELIEFS CAUSE UNHEALTHY EMOTIONS

**Unhealthy beliefs come in the form of the shoulds, musts, have tos, always, need tos**

A belief consists of a demand: I must be able to go out. (Inflexible, not realistic)

This demand triggers the following thinking:

If I can't go out its awful, it's the worst thing ever (catastrophic thinking)  
and I can 't stand it ( low tolerance to discomfort)

So the whole belief is

I must be able to go out, if I can't its awful, it's the worst thing in the world and I can't stand it

That belief causes anxiety and possibly anger and/or depression

### HEALTHY BELIEFS CAUSE HEALTHY EMOTIONS

To feel better emotionally the solution is to change the above belief to a flexible healthy belief

Remember healthy beliefs are the prefers, coulds, would like to etc

I prefer to be able to go out but accept that this is not always possible, (flexible and realistic)

(If I can't go out I might feel *frustrated* which is bad but not the worst thing in the world, (puts it in perspective))

I can stand it (builds tolerance to discomfort)

The whole belief is

I prefer to be able to go out but accept that this is not always possible,

(If I can't go out I might feel *frustrated* which is bad but not the worst thing in the world,

I can stand it

The result of this healthy belief is that you will be frustrated and annoyed but not anxious

## Subconscious Mind

Our beliefs are in our subconscious mind so we are not always aware of them

**Subconscious Mind-** This is your programming , a bit like the hard drive of a computer. If your programming is filled with unhealthy beliefs you will have unhealthy outcomes

**Conscious Mind-** logical analytical part of our mind. It is the gatekeeper that doesn't allow new ideas in very easily especially if what is in the subconscious contradicts it

Eg In subconscious- anxiety

Trying to get new ideas in about being calmer is difficult as the conscious mind could block it as conscious mind is like the gatekeeper It won't allow new ideas in easily as it knows that what is in the subconscious contradicts it.

## Hypnotherapy

This is where hypnotherapy comes in as when in hypnosis the conscious mind takes a backseat and new ideas can get into the subconscious more easily and can be accepted more easily but only if you want to accept them. You are in control.

Solution to Anxiety is to change your subconscious programming.

Change your unhealthy beliefs to healthy ones consciously and then use hypnosis to get past the gatekeeper conscious mind to install the healthy beliefs into your subconscious then the outcome will be healthy and you will feel so much better.

It is not that you will be delighted about the Coronavirus situation but you will have the right level of concern about it and will be able to cope better



## BEAT YOUR ANXIETY IN 3 EASY STEPS

### **Stage One**

**Identify your unhealthy beliefs from the chart in the next few pages**

### **Stage Two**

**Select your top two and select the healthy equivalent**

### **Stage Three**

**Listen to the healthy belief audio twice per day for three weeks**





## Stage One

The unhealthy beliefs are on the left and their healthy equivalents are on the right  
Prioritise your unhealthy beliefs. Select the top two that bother you the most

Unhealthy Belief	Healthy Belief
I have to be able to go out, if I can't go out its awful and I can't stand it	I prefer to be able to go out but I accept it is not always possible just now. If I can't go out I might feel.....this is bad but not the worst thing that can happen to me. I can stand it, I will cope. It will eventually get back to normal
I must not be told what to do, if I am its awful and I can't stand it	I prefer not to be told what to do but accept this can happen. If I am told what to do I might feel.....this is bad but not the worst thing that can happen to me, I can stand it and will cope
I have to be in control, if I am not in control, it's awful and I can't stand it	I prefer to be in control but I accept I cannot always control everything, If I am not in control I might feel .....this is bad but not the end of the world, I can stand it
I have to be strong, If I am not strong Its awful and I can't stand it and I am a worthless person	I prefer to be strong but I don't always have to be , If I am not strong , I might feel.....this is bad but not the end of the world, I can stand it and I am a worthwhile person no matter what
I have to cope, If I don't its awful and I can't stand it and I am a worthless person	I prefer to be able to cope but accept I might not always. If I don't cope I might feel....., this is bad but not the end of the world, I can stand it. I am a worthwhile person whether I cope or not. I can ask for help
I have to have certainty and know what is going to happen	I prefer to have certainty but I accept I can't always have it , if I don't have certainty I might feel ....., this is bad but not the end of the world , I can stand it
I have to feel safe, If I don't its awful and I can't stand it	I prefer to feel safe but I accept I might not always .If I don't feel safe I might feel..... it's bad but not the end of the world. I can stand it

Unhealthy Beliefs	Healthy Beliefs
I have to be able to do whatever I want to do, If I can't it's the worst thing and I can't stand it	I prefer to be able to do whatever I want to do but accept this is not always possible just now. If I can't do what I want I might feel.....this is bad but not the worst thing , I can stand it
I have to buy whatever I want, if I can't buy what I want, it's awful, the worst thing and I can't stand it	I prefer to be able to buy what I want but accept that just now this is not always possible, If I can't buy what I want, I might feel.....this is bad but not the worst thing in the world. I can stand it
I should be able to have my hospital consultation that was arranged months ago, If I can't have my appointment its awful and I can't stand it	I prefer to have my hospital consultation that was arranged months ago but understand this may not be possible. If I can't have my consultation I might feel .....this is bad but not the worst thing. I can stand it
I must not get ill with the virus, if I do it's the worst thing in the world, I can't stand it	I prefer not to get ill with the virus but accept it could happen. If I get ill its bad but not the worst thing to happen to me, The majority of people recover and I will take every precaution necessary to avoid contact with the virus

Now that you have selected your top two beliefs, you are ready to move onto next stage

## Stage two

**Select the healthy equivalent beliefs and fill in the dots with how you might feel if you can't have what you are demanding (should musts and have to are demands we make)**

## Stage Three

**Install the healthy beliefs into your subconscious by listening to the healthy belief audio every day for three weeks**

**Instructions for listening to the healthy belief audio:**

- **At the beginning of the audio there is some relaxation**
- **then there is five minutes silence where you would repeat your healthy belief over and over. This uses the principal that anything that is repeated often enough will be installed into your subconscious programming.**
- **Do this audio sitting up when you are not tired.**
- **You say the words silently to yourself. Mouth the words to help you stay focused. Give the words emphasis as if you are shouting them in your head. Eg I CAN STAND IT**
- **If your mind wanders, just bring it back to the start of your belief**
- **You could also write the belief on a large piece of paper , put it on your lap and if you forget the words just open your eyes and look at them and close your eyes and repeat the words. Do this as often as you need until you remember the words.**
- **Each time you listen to the audio just do one belief. If you have more than one belief to work on, alternate the belief each time you listen to the audio**
- **Only work on two beliefs in any three week period**
- **If you have other beliefs to work on, then you can start to work on them after three weeks.**

## Links to audio downloads

Right click and then click open hyperlink and save to your device

Healthy Belief Audio- To install healthy beliefs into your subconscious

<https://www.sendspace.com/pro/dl/vaymen>

Worry Box- To put worries and negative thoughts away- to listen as often as you need

<https://www.sendspace.com/pro/dl/eitrdy>

Sunshine Relaxation- Relaxation and motivation – to listen as often as you need

<https://www.sendspace.com/pro/dl/76xkne>

Help to sleep- to listen in bed before going to sleep and also if you wake up in the night it can help you get back to sleep- to listen as often as you need

<https://www.sendspace.com/pro/dl/ecp8lv>

Motivation audio to listen to before you get out of bed in the morning- Use as often as you need

<https://www.sendspace.com/pro/dl/oj3ynj>

