

How People Get Stressed

Stress seems like a fact of life for some of us. A feeling we live with, like being tightly sprung, or a permanent ache in the shoulders, neck or back.

Stress is the physical response to certain situations: overwork, feeling out of control, emotional tension within families, or grief.

So it's not like a virus, that comes and goes without our intention, it is something that happens because of what is going on in our lives.

How can Cognitive Hypnotherapy, NLP or Life Coaching help?

Well, most people who come to see me with stress can't change their lives overnight. For some, they are in impossible situations that are hard to change.

The first thing we do is work out exactly what it is that is the problem.

Often, this isn't the situation, its how the person is dealing with it, or seeing it or feeling about it.

All of these can be altered slightly or reframed because they come from the client, and exist in their head – their emotional response.

So do clients change their lives dramatically to reduce stress? Not usually (and only if they want to!). Usually its small changes in attitude, to situations, to self, to others, that makes a big difference.

Most people just don't give their emotional responses enough attention, and stress is a way the body and mind have of saying 'hang on, this isn't good for you, do something about it'. And the longer we ignore the message, the more severe it gets.

Doing something about it can make the difference.

If you are suffering from stress, do give me a call, and I can explain more

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