

Hypnosis: How hypnotherapy addresses stress naturally.

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INTRODUCTION:

Stress affects people in different ways. Some thrive on it, while others find it impossible to cope and they find it wreaks havoc on their daily lives. In some cases it becomes debilitating for the person. It may interrupt their work, home/family life, relationships or social interactions.

Too much stress can lead to a whole host of physical, psychological, emotional and behavioral problems. Common symptoms include:

- Emotional symptoms:
- Physical symptoms:
- Behavioral symptoms:
- Cognitive symptoms:

And that's just a few of them. Stress can also be a killer, leading to more serious conditions such as diabetes, cardiovascular disease and cancer if untreated. The importance of recognizing in yourself when help is needed is the first step. As we think "Oh I can handle this and take care of it my way." In most cases it starts to spiral out of control to the point it has already affected your life in all aspects.

AIM:

How Hypnotherapy addresses stress naturally.

MATERIALS AND METHODS:

In the US, stress-related illness and absenteeism costs businesses hundreds of billions of dollars every year. Report after report says the same thing. For many people, their job is the number one stressor in their lives. Look at the figures relating to the American workplace:

1. 80% of workers feel stress on the job
2. 50% admit they need help to cope with stress
3. 75% think work is more stressful than a generation ago More people feel burned out from work than ever. And job stress is responsible for more health complaints than money or family problems.

If left unchecked, this stress won't simply fade away. It can lead to severe anxiety. To panic attacks as well, situations that affect your personal life and your future career endeavors.

So the question is, what can you do to keep stress under control? If stress is such a big deal, then why aren't there more stress relief solutions in place?

The solutions fall into one of three categories:

- Medication
- Stress management sessions
- Counseling services

How wonderful it is to have another integrative modality as hypnosis the client/patient could have to choose. Hypnosis is an overlooked modality for use today. Many people are looking out beyond the medications or counseling services. The holistic approach is being sought out by many.

CONCLUSIONS: Hypnotherapy is such a powerful weapon against stress. Unlike medication, it's entirely natural. There are no side-effects. Instead of covering it up, hypnotherapy for stress gets to the root of the problem. It changes the way you respond to stress. It provides techniques to deal with the physical and emotional stressors in your life. Another benefit of hypnotherapy for stress is, in many cases, it STARTS working AFTER just one session. In an hour or two, you'll already have systems in place. You'll already feel better about the situation. The hypnotherapist gives you practical solutions you can put to use straight away so that you get back control of your health, your career and your life.

KEYWORDS: stress, hypnosis, integrative therapy, holistic

BIOGRAPHY:

Rev. Jenna M Arnaz is a Board-Certified Hypnotherapist (IACT) in Trinity, FL. She completed her bachelor's degree in theology/ministry from University of Metaphysics and is an ordained minister. Rev. Jenna Arnaz is a holistically-minded wellness expert, co-host of Brain Injury Talk Radio. Her passion is to teach the unique healing of self-hypnosis and meditation to everyone that is searching for an integrative method for physical, emotional, and whole-body healing bridging the gaps between physical and emotional. Rev. Arnaz expertise has been featured on Close Up Talk Radio and she is Co-host of Brain Injury Talk Radio.

