



Take Control Of Your Life With Hypnosis:

Eliminate negative habits; Create healthy changes; Achieve optimal well-being.

Hi Everyone! This is the 22nd issue of Hypno-Healthgram. You can access previous issues on the Newsletter page of my website: www.hypno-health.net

August 2012

Recreate or Wreckreate?

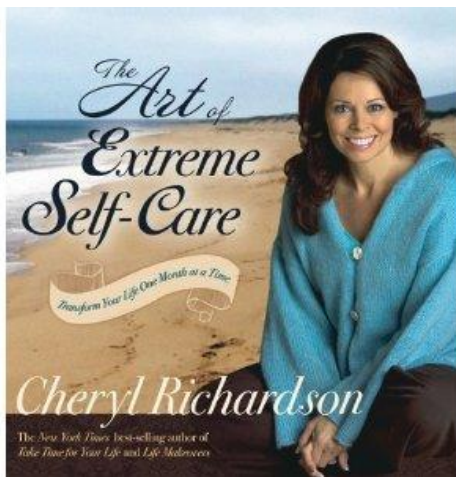
Placing a hyphen in each of the above words emphasizes the difference between them. Recreate means to do something we enjoy or something that helps us feel better. By doing so, we re-create ourselves. Doing so regularly helps us remain balanced, harmonious and healthy. Wreck-reate, however, means just the opposite. By not making or taking the time to refresh ourselves, we exemplify the adage *all work and no play makes Jack a dull boy (likewise for Jill!)*. As in Robert Frost's poem *The Road Not Taken*, we are constantly making decisions that take us down new roads, from which we will probably not turn back.

Making "good" decisions enhances our overall health. But if we tend to make unhealthy ones, there is still hope. By taking time to reflect, contemplate and soul-search, we can begin to right our ship. And by adding hypnosis to that dimension, we optimize our ability to re-create ourselves.

Easier said than done – you say? Especially in today's high-tech world, where we are continuously bombarded by information, instant gratification awaits at the tip of our fingers, and it's so easy to get addicted to and overwhelmed by the ever-expanding, electronic world of technology. We tend to become robotic, swept along in the current of an increasingly fast-paced life. What then happens to us, the person, the individual, the self, the soul? In the *Is the Onslaught Making us Crazy* article in the July 16th issue of Newsweek Magazine, many research studies warn about the internet "creating a whole new mental environment, a digital state of

nature where the human mind becomes a spinning instrument panel and few people will survive unscathed”. [1]

There is still time to take Robert Frost’s “.....road-less-traveled-by”. But it will take effort and persistence. Start with awareness. Take stock of your life and look for ways to enrich it. Then put them into action. They can be big or little, long or short, thick or thin, fast or slow. They can be done with others or by yourself. But start doing them. Act on a whim, think outside the box, be spontaneous, pamper yourself, loosen the reins, be frivolous, add spice to your life, laugh, have fun, do things you really enjoy. For me, there is nothing quite like a luxurious bubble bath which lets me hydrotate and hypnotate. Discover what works for you. What will help you feel re-created, re-juvenated, re-vitalized, and re-newed? Do them regularly – and start now!



Among the many self-help books available today, I recently discovered *The Art of Extreme Self-Care*, by Cheryl Richardson. Filled with soothing scenes, inspiring suggestions, and relevant resources, it: “starts to afford us the time, space and energy to devote to the things we feel passionate about – those dreams or aspirations that may have been lost over the years”. [2] A sampling of the twelve chapter titles indicate the varied ways this book can stimulate your thinking – and doing: End the Legacy of Deprivation; The Power of Rhythm

and Routine; The Absolute No List; Soul-Loving Space; Tune-up Time; Wake Up! This book, or other venues like it, could be the catalyst to help you begin your journey back to balance, harmony and health.

[1] Tony Dokoupil, *Is The Onslaught Making us Crazy*, Newsweek, July 16, 2012, pp. 24 – 30

[2]Cheryl Richardson, *The Art of Extreme Self-Care* (California 2009) p. 93

HEALTH TIPS

Dr. Maoshing Ni's *Go Stress-Free for A Longer Life*

Retrieved from <http://health.yahoo.net/experts/drmao/go-stress-free-longer-life>

Release Your Stress

1. Reduce Caffeine Intake: Coffee stimulates the adrenaline response.
2. Meditate: It helps decompress and release tension.
3. Take a Breather: Exhale stress away, slowly and deeply.
4. Cleanse the Clutter : Give anything you haven't used in 6 months away to charity.
5. Lighten Your Schedule: Reduce commitments and schedule time for you.
6. Reframe Your Perspective: Imagine handling stress in a confident, comfortable, satisfying way.



Happy Health!

Hugh Sadlier

Hugh Sadlier, M.Ed., BCCH
Board Certified Consulting Hypnotist

Portland Office:

Integrative Health Center of Maine
Suite 102
222 Auburn Street
Portland, Maine 04103
Phone: (207) 773-5200

Blue Hill Office:

1280 Morgan Bay Road

Blue Hill, Maine 04614

Phone: (207) 773-5200

Remember: *Hypnosis can be done in the office, by phone, and via Skype.*