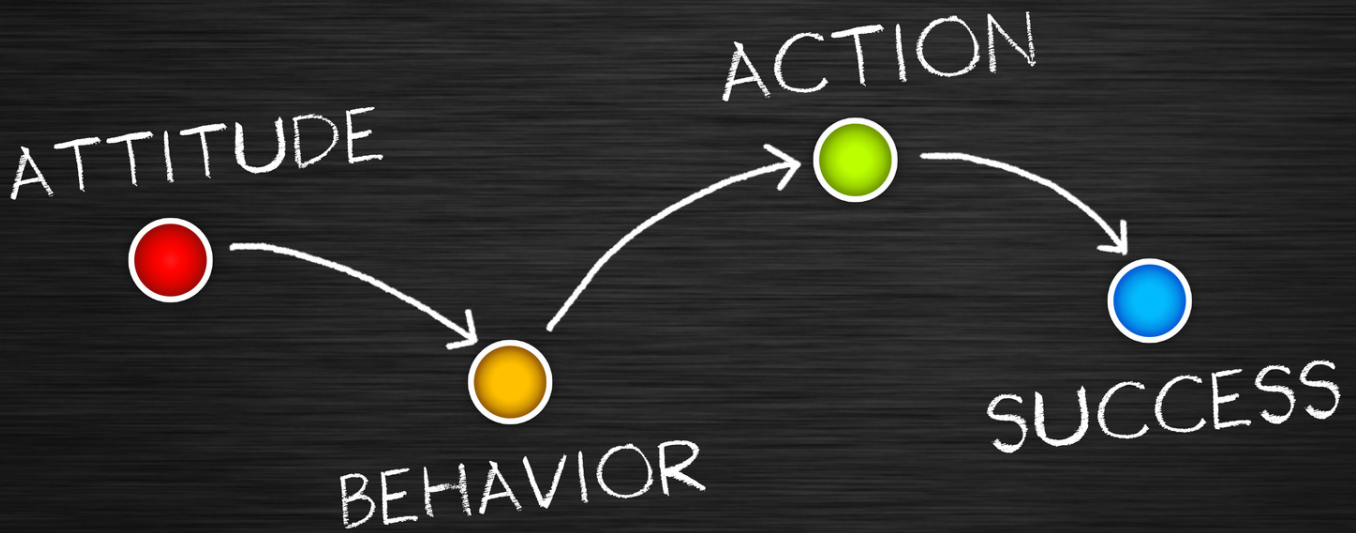


MINDSET



HYPNOSIS & MINDSET



Your mindset is responsible for 95% of your results, emotions, behavior & beliefs. Hypnosis can help remodel your mindset & exchange negative thoughts that have been controlling your outcomes & replace them with positive thoughts that produce successful results.

WHAT IS HYPNOTHERAPY



Hypnotherapy is the practice of guiding clients in their uncovering, understanding and amendment of limiting beliefs while in Hypnosis. Hypnosis is a natural yet altered state of mind in which the critical faculty (inner chatter box) is relaxed, and **Selective Thinking** is established. **Selective Thinking** is the ability to focus on positive input and outcomes.



Improve Emotional Well-Being.

Be active - Take a break and move! Do push-ups or sit-ups. Throw a ball with a colleague. **Relax** - close your eyes, take slow deep breaths, stretch, or meditate. **Gratitude** - write down 3 things you are grateful for. **Check in** - ask yourself how you are feeling. **Laugh** - think of a time you laughed so hard you cried. **Dance** - play an inspiring song, be silly.

For more information on the benefits of Hypnotherapy:

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