

A JOURNEY MUST BEGIN *with a single step*

The festive period is a time for celebrations but it can leave many of us feeling strained, from the January bills to stirring up memories of lost loved ones.

The new year is the time to rid yourself of fears and negative feelings

Anthony Burton is registered with The CNHC which is the the UK Regulator for complimentary healthcare. The Government Department of Health recommends that you always consult with someone who is CNHC registered. Anthony is a qualified Psychotherapist, Clinical Hypnotherapist and a Counsellor providing services to clients in Sevenoaks and London. He has welcomed a large number of clients with a range of conditions and problems and he can help you make 2013 the year you change your life.

DEBT DESPAIR

One of the most common causes of anxiety and depression at Christmas is debt; it can leave you feeling ashamed and angry. According to the Consumer Credit Counselling Service, nearly 90 per cent of people with debt problems suffer emotional difficulties too. If your credit card bills are spiralling out of control or longstanding debt is getting you down, Anthony's non-judgemental therapy can help you confront your debt, find a path through it and start feeling like yourself again.

JOB SECURITY

Employment uncertainty or redundancies impact greatly on your state of mind; it can leave you feeling worthless, worried, rejected and lonely. If left untreated, job anxiety can lead to increased drug, alcohol and suicidal rates so talking to someone is vital. Anthony says, "psychotherapy will help you discuss (in complete confidentiality) workplace problems and find constructive ways to deal with them."

ANXIETY AND STRESS

Stress is the most common type of neurosis in our modern world; more than ever people are working long days and putting immense pressure on themselves in their work and home life. When we are calmer, we are more productive – Hypnotherapy and relaxation can ease stress and once you've learnt the techniques you can use them every day and in many situations.

POST-CHRISTMAS DEPRESSION

Many people get the post-Christmas blues but if a feeling of sadness persists you could need to talk to someone. Christmas makes people feel reflective and it's often said that depression and suicide rates rise during the holidays. Psychotherapy, Hypnotherapy and Counselling are perfect for dealing with depression, anger and guilt, helping you get to the root of the problem and replacing your negative thoughts with positive thoughts.

STRAINED RELATIONSHIPS

If you've spent too much or not enough time with your family or partner this season, relationships could be feeling pressured. Solicitors say divorce rates soar during January, Anthony tells us, "we are almost never fully prepared for the impact divorce and separation has on us. Talking about things to a therapist who is totally removed from the situation will be beneficial and learning relaxation techniques will help to alleviate the stress attached to the situation."

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LONGSTANDING BEREAVEMENT

Major life events can cause an array of emotions and you need to come to terms with the shock to enable you to move on. Anthony recently worked with a client whose mother had died in 1952; the client was on summer camp with her school at the time and was unable to see her mother before she died. She carried this guilt with her for over 60 years before meeting Anthony and working through the guilt and releasing the emotion attached to the occurrence.

A final word from Anthony,

"It never ceases to amaze me just how long someone will put up with a psychological condition before seeking help. If you suffered a back injury you would visit an Osteopath

within days, similarly emotional problems need to be treated to heal. The sooner you start to deal with your problem, the more successful you're likely to be. Start your journey today, there is no better time."

■ Get in touch with Anthony to arrange a free, no obligation consultation.
Call **07860 634232** or **01732 760918**, visit **www.solarislifetherapy.com** or email **info@solarislifetherapy.com**

