

STRESS, ANXIETY AND DEPRESSION

SELF HELP GUIDE

Stress - is the feeling you get when you are angry, frustrated nervous or frightened by a thought or a situation you are faced with.

Anxiety - is when you have feelings of fear, constant worry and an underlying sense of unease. You may not even know why you are feeling this way.

Depression - is a much more complex condition, much more than feeling a bit sad and there are many causes and many different treatments.

There are effective treatments for these conditions. The more positive you are, the greater chance of you getting well again and resuming normal life.

TOP 10 TIPS

- 1 LEARN TO RELAX AND REST YOUR MIND
- 2 THERE IS HELP AVAILABLE
- 3 REMEMBER YOU ARE NOT ALONE
- 4 IF YOU WANT TO GET WELL, YOU WILL GET WELL
- 5 SEEK SUPPORT FROM FAMILY AND FRIENDS
- 6 SPEAK TO YOUR DOCTOR
- 7 SPEAK TO MENTAL HEALTH PROFESSIONALS
- 8 TAKE CHARGE OF YOUR TREATMENT
- 9 DO NOT SUFFER IN SILENCE
- 10 ABOVE ALL ASK FOR HELP



Contact Details

Anthony Burton
DHP(adv) AHP, MNRPC, AHA
Psychotherapist and
Clinical Hypnotherapist

Tel:
01732 760 918

Helpline:
07860 634 232

Email
tbsolaris@gmail.com

Website
www.solarislifetherapy.com

THE FACTS ABOUT STRESS, ANXIETY AND DEPRESSION

Stress and Anxiety are the most common forms of psychological and emotional illness in the world today.

We live a very fast and very technological based lifestyle and this is compounded by the fact that we live in an overcrowded world; in fact the South East of England is one of the most densely populated areas in the entire world. We have problems of



overcrowding on our roads, public transport systems, shops, schools, hospitals and commuting has become a very stressful process. On a daily basis we are faced with a great many challenges, most of which are very stressful and you often hear people talk about being “stressed out” or suffering “burnout”. Most people talk about being constantly on the go from morning till night. It is no wonder that stress is such a problem in our lives. It can be the cause of many medical conditions, it brings on heart problems, and makes people smoke more, drink more, and argue more. Stress is major cause of long term absenteeism from

work and creates great problems in the work place. Stress is now even being diagnosed in children. We seem to have lost the ability to take things in our stride and to take time to relax and clear our minds once in a while, time just to calm down a bit. When we are in a calmer state, we are much more productive, we can achieve much more in a shorter amount of time, we can enjoy challenges rather than look at them with a feeling of fear, dread and foreboding. We need to learn to relax the mind as well as the body.

What is Depression and why have I got it

depression is a clinical condition where the sufferer feels like they are constantly in a state of low mood they may also feel sad, anxious, hopeless, frightened, empty, guilty, and unable to cope with life they may have low self esteem and often feel there is no hope for the future and no way out of depression. There are different types of depression like Bipolar, Post Natal, Chronic and Seasonal affective disorder (SAD). Depression can be caused by any number of things like life events including bereavement, divorce, redundancy, injury, serious illness, relationship issues and in fact almost anything. No genetic link has been found so even if your mother suffered from depression it does not mean that you will suffer it, although it is

possible for you to pick up bad habits from her that stem from her depression. Negative thought patterns, physical and sexual abuse can all lead to depression. Depression can manifest itself in physical conditions such as insomnia, headaches, back pain, chest pain, exhaustion, losing or gaining weight, skin irritations and host of other symptoms. Depression is not a sign of weakness it can also be long lasting so that the sufferer actually forgets what it feels like to feel good about life. Many sufferers feel that they could never be well again and can lead to them losing interest in life and even going so far as having suicidal thoughts. Women are almost twice as likely to develop depression than men although some of this can be put down to hormonal changes that women go through at certain times in their lives. Some people consider depression to be a trivial thing and often people will say just “pull yourself together” or “look at all the bad things going on in the world, you have it good”. It is easy for people who do not have depression to pass judgment on those that do. Sufferers can often be heard to say, “people do not understand how I feel and they think I am putting it on and they soon lose patience with me”

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Treatment for Stress, Anxiety and Depression

There are many things that can be done to help people who suffer from stress, anxiety and depression, but first you really must start to believe that it is possible to cure these conditions and positivity will only help this process. It may seem like a difficult thing to ask of you, but just looking at this self help guide shows that you have taken the first real steps to overcoming your condition. You may not feel motivated enough to do anything about your depression but just take some small steps first. It would seem that everyone has their own ideas of what you should do, friends, family and just about anyone will have their opinion of what works best. It may be that you are happy to discuss your condition with people or maybe want to deal with your condition in a confidential manor and not draw attention to your problem. There is no correct way to do it. Lets take a look at some of the options.

Medication on its own cannot be expected to relieve these conditions, it can however be part of a wider program, which could include some of the other therapies available. Medication can sometimes seem to be the easy option because you may feel that you do not have to put in

any work and just sit back and let the medication do its job, it is rarely that simple and there can be negative side effects to using medication and it can make it less likely to get the root of the issue that caused the your condition in in the first place.

Counselling is a chance to discuss how you are feeling with a person who understands the particular problem you have like for instance a stress counsellor who deals really only with stress and Anxiety or a Grief Counsellor who deals with bereavement issues.

Cognitive Behavioral Therapy (CBT) put simply is a therapy whereby you are encouraged to challenge you own maladaptive thought patterns and then replace them with more helpful ones and by doing this you can then remove the negativity and emotional distress that affects your behavior. This can also be done with computer programs to aid the therapist. I personally use a very similar technique which is called SymbioDynamics and I have had some brilliant results with it in the past.

Psychotherapy helps people deal with the problems they have in their lives and is best described as a talking therapy. By talking and discussing problems, you will have the chance to learn more

about the problems that are affecting your life and also learn constructive ways to deal with them. They may be work related due to over work, work place stress, bullying, employee and employer problems, assertiveness issues, career path problems and work-life balance issues or it could be things going on in your personal life including stress, anxiety, depression, sadness, anger, bereavement, boredom, guilt, relationship, marital and sexual problems. Very often work problems encroach on your personal life and personal problems affect your working life. Psychotherapy can also be used to support a person who is finding it more and more difficult to cope with everyday life. You will not always be aware just what it is that is causing all these difficulties in your life and with the help of Psychotherapy we can attempt to uncover these deep rooted problems and issues. Most people see a Psychotherapist because they have a desire to change their lives for the better and a chance to talk about deeply personal issues. *Psychoanalysis* a therapy where the therapist will try to find the reasons for a persons negative behavior by uncovering things that are buried in the persons subconscious mind. By releasing the emotions that are attached to these things in the sub conscious the person can then be free of the negative behavior thats it is causing.

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Hypnotherapy and Hypnosis explained

Hypnotherapy deals with the sub-conscious mind and this sets it apart from all the other therapies. It is 100% safe, you cannot be made to do anything you do not want to, you cannot get, you cannot be brain washed, this is the stuff of Sci-Fi movies and Stage Hypnotists. The Hypnotherapist guides the client through a series of relaxation techniques and the brain waves move from the beta state (alert and awake) to the alpha state (relaxed and calm) and then on to the theta state (hypnotic, meditative state) when you reach the theta you will be in a state of hypnosis. Our sub conscious is the part of our mind that holds all of the things we have learnt to do without thinking, for example, making out heart beat, making us breathe. Think of it like this you are able to drive whilst thinking of other things and listening to music, chatting to a passenger, but somehow seem to just change gear and brake instinctively. Sometimes you will drive on a motorway and cannot remember the last five miles or so, this is because the sub conscious does all of this for you.

The belief system is also contained within the sub conscious mind, your belief system is a set of ideas; that came to you from a source that you trusted, like parents, teachers,

friends and the like. These set of beliefs then govern your thoughts, your words, your actions and also your expectations, but not all of these thoughts and beliefs are helpful and you will have learned some irrational thoughts and unhelpful beliefs. This illustrates just what power the sub conscious mind has over us and this power contributes to many of the emotional and psychological problems we as humans have, such as, anxiety, stress, depression, over eating, substance abuse, fears and phobias, smoking, nerves, low self esteem, shyness, the list is almost endless.

So how does the hypnotherapist help the client?

There is an area of the brain called the Conscious Critical Faculty the CCF for short, this is a kind of door to the subconscious mind, and it separates conscious and subconscious. It constantly monitors all input from our senses and it will reject anything which it does not agree with, like an idea or a concept that has been previously experienced and accepted as 'valid'. For instance you see a harmless small spider in the UK, obviously it can do you no harm, but you feel fear anyway, what has happened is the Conscious Critical Faculty has checked with the sub conscious mind if you should be fearful of the spider and the sub conscious

mind confirms that YES! You should be fearful of the spider. Therefore your brain releases chemicals that result in the fear that you feel. It does not matter how many times you are told that a spider in the UK can do you no harm, you will always be scared of spiders! why is this? well probably when you were a small child you saw a spider and because you had not been taught to be scared you did not feel any fear, until your mother saw the spider and reacted by screaming, picking you up and running away and because you are so young and impressionable and you trust above all others, your mothers judgment, you see and remember her response and this reaction teaches you to be fearful of spiders even though as an adult you know it is irrational.

Just think about this for a moment and try to apply this to a number of other fears and phobias, emotional reactions and behaviors. So basically a hypnotherapist does this, he or she will get you into a relaxed state of mind, the theta state, by guiding you through relaxation techniques until you reach that state where you are in hypnosis, then the hypnotherapist can bypass the Conscious Critical Faculty and speak directly to the sub conscious mind and then can make suggestions to the sub conscious to allow it to change it's beliefs and the way it reacts to certain situations like seeing a

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spider for instance, the subconscious can now be taught the correct information, so it will allow the person to react in a more rational way. It is as simple as that really. Hypnotherapy can also be used to compliment other therapies and also it is possible to quickly and easily learn Self Hypnosis in just a few sessions with a therapist.

Other things that can help you are

- yoga, physical exercise, meditation, support groups, socializing, having things to look forward to, keeping a diary to monitor your progress. I always like to think about doing all the small things right like eating, sleeping, occupying the mind, occupying your time, if you do all these things right it will help you to get better in a shorter timespan. Treatment of depression usually takes time and commitment and sometimes it might feel overwhelming or frustratingly slow. That is normal. Recovery usually has its ups and downs. Stress and Anxiety can be dealt with much more easily and quickly, it can be down to how much effort the sufferer is willing to put in to help the process.

A note from the Author and a hope for the future

If you are struggling with any of the conditions or problems that are dealt with in this Self Help Guide, please understand that

there is always hope that your suffering can be helped. There is help available but we must always take responsibility to help ourselves first and foremost. Remember all is not lost and by reading this guide I hope that I have shown you some possibilities for the future. You need to make a commitment to get well again and seek out the people that can really help you, you may feel that you are weak by asking and seeking help but just ask yourself this, if you could help somebody who feels the same way that you do now, would you help them to have a better and happier life, would you support them in their efforts to make this happen. I like to think most people would. We are lucky enough to live in a society where help is available and we must make the best use of it. Sometimes mental health issues have a stigma attached to them but this thinking belongs in the past. Let me ask you this, if you had broken your ankle, would you just sit at home waiting for it to repair itself and knowing that if you did not get it looked at it would never heal properly, it may be usable but never completely healed, my guess is you would not. So why do some people who suffer emotional problems, do just that, they carry on regardless until the problem overwhelms them and they are then forced to seek help. The sooner you can start to deal with your problem or condition, the better the possibility of a successful

outcome. Start your journey today there really is no better time to do it!

I hope this Self Help Guide will be of some help and if you need any more help or information please do not hesitate to contact me.

Kindest Regards

Tony Burton



I am a member of The CNHC and it is the UK Regulator for complimentary healthcare. The Government Department of Health recommends that you consult with someone who is CNHC registered.

