



Reset, Rewire, Recharge

EXCLUSIVE GUIDE FOR
THE LADIES OF HERIZON



The Mind That Changes Everything

5 Things Everyone Should
Know About Their Brain



How understanding your mind
can help you reduce stress, build confidence
and create lasting positive change.



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Solution Focused Hypnotherapist & Holistic Health Coach

"Your mind is your greatest asset.
Once you understand how it works,
everything starts to make sense"



Hi, I'm Sue...

For over 15 years I've been helping people overcome stress, anxiety, fears, low confidence, unwanted habits and emotional eating using a combination of Hypnotherapy, NLP, EFT, Breathwork and Coaching.

One of the biggest misconceptions I hear is:
"I think something is wrong with me."

Most of the time...

There isn't.

Your brain is simply doing exactly what it has learnt to do.

The exciting news is that what has been learnt...

Can be relearned.



DID YOU KNOW?

Your subconscious mind is responsible for around 95% of your daily thoughts, habits and behaviours.

That means many of your reactions happen automatically.

The wonderful thing is...

Automatic patterns can be changed.



1



Your Brain Can't Always Tell the Difference Between Imagination and Reality

Have you ever thought about an upcoming presentation or difficult conversation and immediately felt your heart racing?

Nothing has happened...

Yet your body reacts as though it has. That's because your subconscious responds to the pictures, emotions and meaning you attach to your thoughts.



THINK ABOUT IT...

Your imagination can either work against you...
Or it can become one of your greatest strengths.

2



Most of Your Behaviour Happens Automatically

Every day your subconscious runs thousands of automatic programmes.

Examples include:

- | | |
|---|--|
| ☒ Driving | ☒ Confidence |
| ☒ Brushing your teeth | ☒ Stress Responses |
| ☒ Emotional Eating | ☒ Sleep Habits |
| ☒ Nail Biting | ☒ Negative Self-talk |

Many of these programmes were created years ago.

Hypnotherapy helps update those programmes so they work for you rather than against you.



*Small changes in your mind
create big changes in your life.*

3



Stress Changes How Your Brain Works

When your brain believes you're under threat, it activates your fight, flight or freeze response.

That can lead to:

- ✓ Racing thoughts
- ✓ Poor concentration
- ✓ Brain fog
- ✓ Anxiety
- ✓ Poor sleep
- ✓ Comfort eating
- ✓ Feeling overwhelmed

Your logical thinking brain becomes quieter while your emotional brain takes over.



THE GOOD NEWS?

When you calm your nervous system, your brain begins to think clearly again.

4



Your Brain Can Change Throughout Your Life

This incredible ability is called **neuroplasticity**.

Your brain constantly creates new pathways based on repetition.

Which means:

- ✓ You are never too old.
- ✓ You are never "stuck."
- ✓ You are never broken.

Whatever has been learnt...

Can usually be unlearnt and replaced with healthier, more helpful patterns.





What Hypnotherapy Really Is

Despite what television has shown us...

Hypnotherapy is NOT mind control

- ✓ Aware
- ✓ Relaxed
- ✓ In control
- ✓ Able to stop at any time

It simply allows your conscious mind to become quieter so positive suggestions and new ways of thinking can be accepted more easily.

Think of it as pressing the pause button on the constant mental chatter



Hypnotherapy May Help With



Stress



Anxiety



Sleep



Confidence



Weight Management



Emotional Eating



Smoking



Fears & Phobias



Motivation



Public Speaking



Menopause



Performance



Imagine Feeling...

- ♥ Calmer
- ♥ More Confident
- ♥ Better Rested
- ♥ In Control
- ♥ Less Overwhelmed
- ♥ Happier



HYPNOTHERAPY

MYTH

vs

FACT

Will I lose control



No. You are always in control.

Will I be asleep



No. You are in a deeply relaxed state, wide awake.

Can everyone be Hypnotised



If they are open to it and give permission yes. Everyone goes in & out of trance everyday. Driving, daydreaming, reading, watching TV

Can you make me cluck like a chicken



I wouldn't do that in therapy, that is saved for stage hypnosis & entertainment

LET'S CHAT

COMPLIMENTARY DISCOVERY CALL

I'd love to learn more about you and discuss how I may be able to help.

<https://calendly.com/sueleehypnotherapy/30mins>

To download this exclusive booklet, just scan the QR code



"Helping women reduce stress, calm anxiety, and create lasting positive change."