

Review Article

## Stress and Hypnosis

Balaji Deekshitulu P.V.

Psychology & Counseling Psychologist and Alt. Medicine (Homeo) Practitioner, Tirupati, India

Publication Date: 12 June 2017

Article Link: <http://medical.cloud-journals.com/index.php/IJACTM/article/view/361>

Copyright © 2017 Balaji Deekshitulu P.V. This is an open access article distributed under the **Creative Commons Attribution License**, which permits unrestricted use, distribution, and reproduction in any medium, provided the original work is properly cited.

**Abstract** In this theoretical article the author argues the hypnotize of stress that complete presentation of Stress and stress related disorders is neither Possible nor desirable as Hypnosis is an important stimulus of Healthy Mind and Body. The literature suggests that spontaneous dissociation, imagery, and hypnotize are important components of Physical symptoms such as Headaches, Stomach problems, Eating disorders, Sleep disturbances, Fatigue, Muscle aches & pains, Chronic mild illnesses, Psychological & Behavioral symptoms such as Serious depression, Suicidal behavior, Domestic violence, Alcohol abuse, Substance abuse and Burnout reductions in mood disturbance and pain on human growth and creativity as well an inevitable part of life.

**Keywords** *Stress; Self-Hypnosis; Benefits of Hypnosis*

### 1. Introduction

Stress is a silent killer in the modern world. Stress is the priceless poison for human life in the universe. It can disturb any one's physical, mental, emotional and behavioral balance. Stress can damage different parts of human body from muscles from tissues to organs and blood vessels. It can speed up pulse rate and respiration. It can raise blood pressure and body temperature. It can also interfere with the body metabolism, digestion, appetite, sleep, sexuality and even fertility.

#### 1.1. Hypnosis for stress relief

The word "hypnosis" (from the Greek hypnos, "sleep") is an abbreviation of James Braid's (1844) term "neuro-hypnotism", meaning "sleep of the nervous system". A person who is hypnotized displays certain unusual characteristics and propensities; In 1895 Sigmund Freud promoted a new approach to psychotherapy. Freud and Breuer used hypnosis to regress clients to an earlier age in order to help them remember and abreact supposedly repressed traumatic memories.

### 2. Steps of hypnosis

Self-hypnosis helps in relaxation of body, relieving anxiety, subsiding of stress hormone like adrenalines, frees mind of be done without affirmations, depending on the need of the person. Unpleasant thoughts, changes the outlook towards life and makes mind more focused towards good vision and goals. Self-hypnosis is much cheaper as you need not consult your hypnotherapist every time. Below 10 steps daily or at least 3-4 day a week for 15-20 minutes the results are highly beneficial there are:

Step 1: Sit in a comfortable and calm place.

Step 2: Close your eyes and take a deep full breath and exhale completely, till the bottom of your lung. Inhale one more time to let in clean, refreshing air. Hold it in for 5 seconds and then exhale again. Repeat this for 2-3 times till you feel relaxing all over. This cleans the lungs and fills it with fresh air and also gives relaxation to lungs.

Step 3: Focus your attention on knees and relax it first. Follow the same to your calf, ankle, feet and toes and relax them all. You will feel as if everything below your knee is loose and relaxed.

Step 4: Relax your thigh, hip and waist the same way slowly. You must feel your thigh fell heavy and relaxed in your seat.

Step 5: Next relax your chest. Relaxing your chest means also relaxing your internal organs like lungs, heart, stomach etc. Allow your breathing to be effortless and deeper, more regular and much relaxed.

Step 6: Follow the same way to relax your shoulder, arm, forearm, hand, fingers, neck and throat. Let your head droop loose in your neck as all the neck muscles relax.

Step 7: Next relax your face muscles completely till it is smooth and loose. Relax your jaw and let the teeth not touch each other. Relax the muscles around the eye.

Step 8: You feel as if all your fears, worries and tensions are coming down from your head to toes through the shoulder, chest, hip, thigh, knee, calf, ankle and foot.

Step 9: Deepen your thought. Tell the affirmation or positive statement that you have prepared for the day calmly. Repeat the relaxation exercises and the affirmations simultaneously for 8-10 times.

Step 10: Open your eyes and feel the change. Now you will feel as if you had woke up from a very long deep sleep. You feel more relaxed, energetic and refreshed like never before and your mind and body are very clear.

Marty Sapp (1992), Whitehouse, Wayne G. et al. (1996), Faymonville et al. (1997), John Gruzelier et al. (2001), Melvin A. Gravitz et al. (2002), Solomon S.D. and Johnson D.M. (2002), Solloway and Karine (2004), Corydon D. Hammond (2010), Cardeña E. (2013), Salter (2015), Devin Blair Terhune and Etzel Cardeña (2015), Katja Boehm and Markus Horneber (2016) studied that the hypnotherapy safe treatment in Acute psychoses, severe personality disorders and an inability to be hypnotized are considered contraindications.

### 3. Conclusion

Using hypnosis for stress relief doesn't mean that you should only look at hypnosis programs designed for stress alone. Remember that what you want to learn is the skill of altering your states of being, so that you can also then meditate and get all the health benefits from that; but more importantly even still, so that you can de-stress yourself in REAL LIFE. You can choose intelligence enhancing hypnosis programs; mind healing programs; performance programs, health programs are irrelevant and just the icing on the cake. Hypnosis is a WONDERFUL and incredibly USEFUL tool for dealing with the human mind, for healing the mind, and for getting our thoughts and conscious mind under control.

## References

- Cardeña, E., Svensson, C., Hejdström, F. 2013. Hypnotic tape intervention ameliorates stress: a randomized, control study. *The International Journal of Clinical and Experimental Hypnosis*, 61(2), pp.125-145.
- Corydon Hammond. 2010. Hypnosis in the treatment of anxiety-and stress-related disorders. *Expert Review of Neurotherapeutics*, 10(2), pp.263-73.
- Devin Blair Terhune and Etzel Cardeña. 2015. Dissociative Subtypes in Posttraumatic Stress Disorders and Hypnosis. *Current Directions in Psychological Science*, 24(6), pp.452-457.
- Faymonville, M.E., Mambourg, P.H., Joris, J., Vrijens, B., Fissette, J., Albert, A., Lamy, M. 1997. *Psychological approaches during conscious sedation. Hypnosis versus stress reducing strategies: a prospective randomized. Pain*, 73(3), pp.361-367.
- Freud, Sigmund. 1921. *Group psychology and the analysis of the ego*. Psychoanalytic Electronic Publishing, Vol.18, pp.65-143.
- John Gruzelier, Jonathon Levy, John Williams and Don Henderson. 2001. Self-hypnosis and exam stress: comparing immune and relaxation-related imagery for influences on immunity, health and mood. *Contemporary Hypnosis*, 18(2), pp.73-86.
- Katja Boehm and Markus Horneber. CAM-Cancer Consortium. Hypnotherapy [online document]. <http://www.cam-cancer.org/The-Summaries/Mind-body-interventions/Hypnotherapy>. April 29, 2016.
- Marty Sapp. 1992. Relaxation and hypnosis in reducing anxiety and stress. *Australian Journal of Clinical Hypnotherapy and Hypnosis*, 13(2), pp.39-55.
- Melvin, A. Gravitz, Roger, A. Page, George Everly, Jeffrey Lating. 2002. Hypnosis in the Management of Stress Reactions. *A Clinical Guide to the Treatment of the Human Stress Response*, pp.241, 252.
- Solloway, Karine. 2004. Can clinical hypnosis prevent stress-related immune deficiency? *European Journal of Clinical Hypnosis*, 5(4), pp44-55.
- Solomon, S.D. and Johnson, D.M. 2002. Psychosocial treatment of posttraumatic stress disorder. *J Clin Psychol*, 58(8), pp.947-959.
- Whitehouse, Wayne G., Dinges, David F., Emily Carota, Keller, Steven E., Bates, Brad L. Bauer, Nancy K. MSS, Morahan, Haupt, Barbara, Carlin, Michele, Bloom, Peter, Zaugg, Line, Martin T. 1996. Psychosocial and Immune Effects of Self-Hypnosis Training for Stress Management throughout the First Semester of Medical School. *Psychosomatic Medicine*, 58(3), pp.249-263.
- Slater, P.M. 2015. Post-traumatic stress disorder managed successfully with hypnosis and the rewind technique: two cases in obstetric patients. *International Journal of Obstetric Anesthesia*, 24(3), pp.272-275.