

Hypnotherapy vs. Cognitive Behavioral Therapy

WHICH ONE IS RIGHT FOR YOU?

+ BONUS
QUICK
TIP →



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Hypnotherapy (HT) and Cognitive Behavioral Therapy (CBT) use many similar techniques. Both therapies utilize talking through your issues, in order to change your beliefs. HT takes this a step further by putting you into a relaxed state in order to change your thoughts at their source...

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Because HT works directly at the source (subconscious mind), it inherently has much quicker results than CBT. For athletes with a fast approaching race, game, season, etc. this quickness can be crucial.

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Quick tip for easing
performance anxiety

BONUS QUICK TIP...

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LAUGH!



In the short term, laughter increases your intake of oxygen-rich air, stimulates your heart, lungs and muscles, and increases the endorphins that are released by your brain. After laughing your stress response and heart rate go wayyy down, leaving you feeling relaxed. Laughter can also stimulate your circulation and help relax your muscles. Our bodies tend to tense up when we're stressed or anxious and laughter helps us loosen up!

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Before competition, try to have some funny pictures or videos on hand. Even better, talk to someone who makes you laugh! It's such a simple thing to do but it can make a HUGE difference.
