

# Stress, Anxiety & Panic Attacks

Improve your day and your life



Hypnotherapy  
& Mindfulness  
Solutions



# I'm Carol, owner of Hypnotherapy & Mindfulness Solutions

## Support to leave anxiety and worry behind

Using hypnotherapy, mindfulness and supporting clients to learn effective self-help techniques I have helped people to move forward in their life, to step away from anxiety and panic attacks and live life with confidence and self-belief.

Are you ready to find ways to leave behind anxiety, stress or panic attacks and live your life with confidence? I am a certified and registered clinical hypnotherapist and mindfulness instructor.



# About

## **It doesn't need to be like this**

Positive stress can help in life to reach goals and even feel exciting at times, but life brings challenges, and there are times stress, anxiety or even panic attacks can disrupt day to day life.

We can all feel anxious at times, but when those anxious feelings and thoughts take over it can be exhausting. Maybe you are finding anxiety is even stopping you from doing things you enjoy, making work difficult or causing you to just not be yourself, or the you that you want to be.

There is a way forward. Hypnotherapy can help you to change negative thoughts that lead to anxiety and even panic attacks.



# Testimonial

“I was unsure that Carol would be able to help me with my anxiety and self-esteem. How wrong I was!

I found every session amazing. Great therapy strategies and allowed me to regain control of my life. I will be forever grateful.”

Becky, Stress & Anxiety Relief Client

## Case Study

A case study for a Stress & Anxiety Relief client is available to read [here](#).



# Services & Fees

## **Anxiety and Stress Relief options available:**

Hypnotherapy Appointment £70

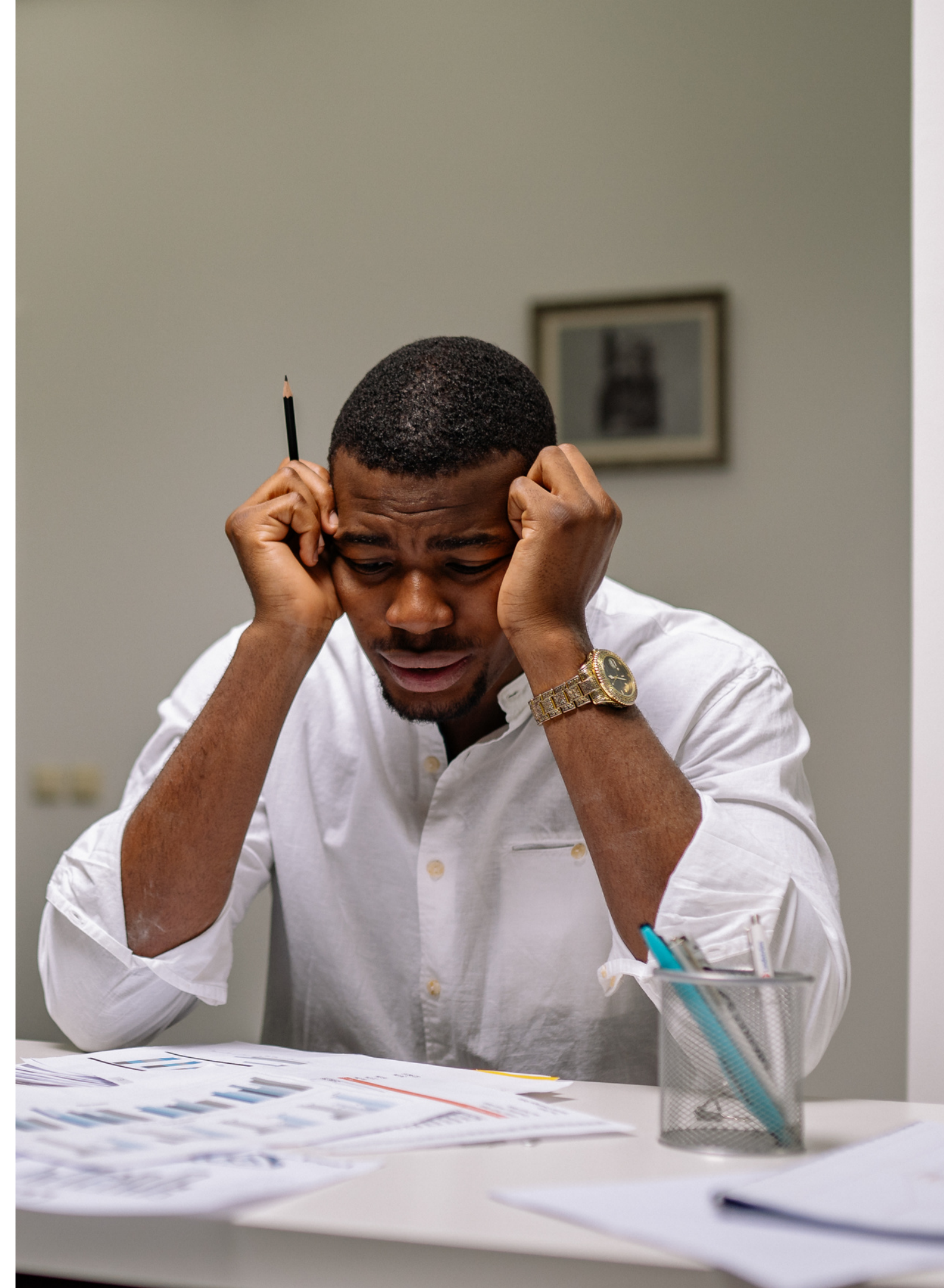
Anxiety & Stress Relief Programme £199

Individualised Anxiety & Stress Relief providing you with practical techniques to help you take control of anxiety, and develop self-help techniques. The programme includes:

- Three personalised hypnotherapy appointments
- Anxiety, its management information & self-help material
- Two Mp3 audios to enhance your positive mindset change

To support you, programme appointments can be taken over an agreed time frame.

20% discount for NHS, Care, Emergency Services, Armed Forces apply to all sessions and packages.





# Extra Info

## **Free Initial Consultation**

To help you to decide if working together could help you, I offer a no obligation free phone call. This is a chance to explain the help you want, find out more about how we can work together and ask any questions you have. Please contact me to book.

## **Anxiety & Stress Relief for Groups**

Please enquire for details.

# Contact Me

For further details or to make a booking:

- T: 07305 810935
- E: [enquiries@hypnomind.co.uk](mailto:enquiries@hypnomind.co.uk)

To visit the website:

- [Hypnotherapy & Mindfulness Solutions](#)
- Or scan the QR code



***Disclaimer: Results may vary from person to person.  
Hypnotherapy is not suitable if you have epilepsy, psychosis or a personality disorder.***