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Thank you for listening to my talk on NLP and Hypnosis for Anxiety during CoronaVirus 2020

Here are some of the notes, references and techniques from the talk.

NLP	“The study of the structure of excellence” brings models that have been shown to make changes in behaviours in others. These often break the way we presuppose/frame/make sense of the world through our senses, habits and beliefs programmed in by parents, teachers, society.
Hypnosis	A practise developed over millenia from Hippocrates through Mesmer, great physicians like Jung, Elliotson, Braid, Esdaile, Elman, Erickson to become a science used in public and private clinics. Approved by BMDA 1957, AMA 1958.
Frames of NLP	Stages for us to make change, whether as practitioner or with self . . . ROET Get into rapport (with senses too), have a clear and achievable outcome, check things in the environment (and time available)are in place to support the outcome, choose your technique(s)
Anxiety has structure	Some people will see something external, then say something inside their heads, then feel anxious. Others will hear something or tell themselves something and then make an internal image and then feel anxious. Other people will remember something as an image and then react to it by feeling anxious. There are many different combinations of the above. Once you understand that you are generating the anxiety and that it doesn't just descend out of nowhere, you can begin to change it. So, change the internal images, dialogue, feelings (movie) associated with it in the body.
Maslow	Maslow Hierarchy of Need – google this well respected theory and realise that many times we say “I need (a gucci handbag)” It is actually a want (or its some kind of prestige need.
Grief Cycle	Google Dr Elizabeth Kubler Ross for more information about what we go through in loss. Oh yes, my Broken Heart Cure at www.berylcomar.com also
2 Approaches	1. Different techniques to address the cognitive asoects, biochemical, emotional – how anxiety/depression is structured – the energy. 2. Neutralise the triggers and reprogram the responses
NeuroPlasticity	Think of anxiety as a network of neural clusters in the brain that create ‘an area of association’ - "the cells that fire together, wire together." The more we reinforce the pattern the thicker and stronger the cluster of neurons becomes - so becomesmore difficult to control “the bully on the block who is strong, thick and overly sensitive – it’s easily triggered.” Good news, research in neuroscience tells us that the brain is malleable and capable of changing even the most ingrained patterns. So, each time you stop the pattern of anxiety, you are working to rewire the brain.
Innate Fears	Hunger/Thirst – Unexpected Noises – Fall: Hurt Self – Unusual Things – Infection/Death
Changing Anxiety	Your brain can be rewired by practicing all the techniques here - you can interrupt the anxiety and then connect that cluster to a more resourceful state like relaxation. It’s about cross connecting those neurons and loosening up the area of association that was keeping the cluster strong. . . You get immediate relief, AND you are slowly, surely dismantling the neural network that used to keep that anxiety active.
Pattern Interrupt	Your habituated patterns are like pathways in a forest - every time you feel anxious in certain situations you are treading down a path that is all too easy for your mind to cross. As soon as you start using these techniques, and feeling differently, it’s like you’re cutting a new path. It may be awkward because, just like in a forest, when you cut a new trail, you have some clearing to do. Yet, each time you travel down this new path, every time you interrupt your old anxiety pattern, you are widening out that trail - it will get easier and easier for the mind to choose the new path as the old one begins to get overgrown.

Activities:	
<p>Avoid negative self talk – better questioning – Clean Language</p>	<p>Focus on what you want, not what you don't want. From "don't worry" to "I focus on all the good things happening now". Clean Language encourages psychoactivity. It has the ability to recreate and construe context so that it becomes self healing. The healing experience occurs in real time - not one that the client goes home to think about and then they change. If you get it right, it happens right there in front of you, and mostly happens in the pauses between questions. Pauses are tremendous servants. They are response-inviting gaps in which psychoactivity takes place. This contrasts markedly with processes which engage cognizance. Use 9 basic Clean Language (David Grove) questions:</p> <p>And is there anything else about ...? And what kind of ... is that ...? And where is ...? And whereabouts? And what happens next? And then what happens? And what happens just before ...? And where did ... come from? And that's ... like what? Where '...' are the exact words of the client.</p> <p>2 request locational information, 2 ask for information about attributes, 2 reference the past, 2 reference the future (from the client's perceptual present). 1 offers the client the opportunity to make a lateral and therefore metaphorical shift in perception .</p>
<p>Bilateral Stimulation</p>	<p>This technique involves stimulating both sides of the brain to stop anxiety. It is so simple yet amazingly effective. Grab a ball (or apple or anything you can toss) and think of something that is causing you some anxiety. When you can feel that anxiety somewhere in your body, rate the level of it on a scale of one to ten. Now pass the ball back and forth, from one hand to the other, crossing the mid line, so you are stimulating both hemispheres of the brain. It will have a more rapid effect if you keep one hand in front of you as the other swings out to the side each time you pass the ball. Do this for a minute. Stop.</p> <p>Take a deep breath, and check in. You might note that the anxiety has dissipated. This is because by activating both hemispheres, you are spreading blood and electrical impulses throughout the brain and this floods that area of association and diffuses it. That bully of an anxiety cluster just can't keep itself together. Now, think of the same situation again and see how much anxiety you can manage to conjure up, and rate it once again on the ten- to-one scale. Pass the ball or other object for a minute, and check in. Repeat -til anxiety has gone. You can do this anywhere. As soon as you start to feel that anxiety, simply grab an object - keys, bottle of water, anything will work as long as you are moving both your arms, and crossing the mid-line of your body.</p>
<p>Wrist Hold</p>	<p>Deep breath. Hold wrist with fingers on inside of wrist. Tight. Breath out. Looking up helps too.</p>
<p>Peripheral Vision</p>	<p>This is a way of connecting with the NOW. Listen and follow as I do this on the video and practice. I often do this when I can't sleep... and drop off in seconds. Carlos Castaneda talks about "stopping the world" – for me, this is it.</p>
<p>Heart Coherence</p>	<p>More at www.HeartMathInstitute.com . Start by bringing your awareness to your heart and as you do, imagine breathing deeply, in and out, from your heart. You might want to hold your hand over your heart to keep your awareness there as you breathe through it. Imagine that as your heart is pumping healthy blood throughout your body, it is also radiating energy through your whole system. The heart is the strongest emitter of electromagnetic energy in the body - you are now beginning to entrain your brain into a coherent and more relaxed brainwave state.</p>
<p>Jaw Dropping</p>	<p>This stimulates the Vagus Nerve which carries information from the nervous system to the brain, keeping it informed about what the body is doing. Dropping your jaw stimulates the parasympathetic nervous system to counteract the fight or flight response. You also encourage lungs to reach for a deep breath, creating a flood of bio-chemicals associated with a relaxation response.</p> <p>Take a moment to relax your jaw. Loosen it even more - imagine it dropping to the floor. Take a deep breath in, and pause for three counts. Exhale twice as long through the nose. When you</p>

	inhale deeply, put your hand on your belly and feel it rise - you're diaphragm breathing. You may like to count breath in 4, Pause 3, Exhale 8 - to keep their mind from ruminating.
Press Pause Button	Stages are: 1. Choice 2. stop the movie, move it to whichever is your past on your timeline. 3. step out into your present you, the survivor 4. send resources (positive qualities you now have to that you in the movie. 5. know you survive, nothing lasts forever. Pause button ON ... you control when to turn off now
Swish & Fast Phobia Cure	Techniques used by NLP Master Practitioners. Find one close to you, or online, for help. How FPC works: Imagine you are in the projection booth, watching yourself watching the movie, and from there manipulating it. This makes the separation of emotion from the movie even more pronounced. The first thing you want to do is to re-edit the movie by making sure the opening scene is neutral or safe e.g. if a memory or movie of an attack, then the first scene is you safe before meeting the attacker. Then edit in the last scene - you are home, and it's all over and you are safe. So - movie goes from safe to safe. With the upsetting part in the middle. So, from the projection booth, where you're in total control of this movie, see yourself in the theatre seat, watching yourself in the movie. And then watch an old grainy black and white movie (with or without silly soundtrack) and press pause when you get to the end where you're safe. You can even rewind the movie several times, watching everything going in reverse and each time imagining the quality of the film degrading, getting older, grainier with each viewing. Some imagine floating into the movie when paused at the end, then experiencing everything in reverse. You will notice how different it all feels as you hear, feel, and see everything going backwards. You will know that you neutralized the memory when you can watch it as a movie, or think about the memory and realize that your emotional attachment to it has lost all its charge.
Shift Perspective	Positions are first (self), Second (the critic, person always moaning etc) Third (the world- everyone else). Deep breath and BE in each position... see, hear, feel from a different viewpoint.
Change speed, Tonality,	Add laughter. Laughing at what hurt you break the "cluster bully" Laughter Yoga is great, it releases oxytocins, serotocins Stress release.
Hands Release	Put all your tension in our hands, squeeze tight, tight til it hurts. Breath out and Release
Drop Down Technique	As you start feeling anxious, locate where it is in your body and imagine going right to the center of that feeling. Imagine it as a layer that you can drop through by asking yourself, "what's underneath this?" Drop through a hole in the floor beneath it - notice the feeling lies below - then drop through that by asking, "what's underneath this?" Keep going until you hit a good feeling / resource state. Everyone eventually uncovers a powerful positive state. Once you find the resource at the core, underneath all the layers allow yourself to soak it up. Imagine it like an amazing, curative energy or elixir and allow it to fill you up. Once you are full of that core essential state, imagine traveling back up the layers one by one - bringing the new amazing energy - notice how it transforms any negative state. As you imagine and feel all those emotions changing, notice how much more powerful you feel; notice how different that initial anxiety feels now. This faces fear head-on -discovering that when you do, it turns into something else. It shows the mind that when you stop running from it and dive right in with curiosity, you find you are far more resourceful than you ever imagined.
Do something else	Do anything – declutter the bully, create new pathways - and it can no longer bully you. Take a moment - think about all of your resources and how many different ways you can change.
Zip Up	1. Rub the palms of your hands together in a circular direction. 2. Place hand, palm facing body, at the end of the central meridian, which is at your pubic bone. 3. Inhale deeply as you move your hand slowly straight up the centre of your body to meet your lower lip. Imagine pulling up a zipper to close it. . . . Repeat three times. Saying affirmations while you zip up is powerful e.g. "I am clear, centred, and confident" Imagine locking the zipper in place when finished – hide the key.
Dr Emile Couee	Google the doctor who first tested & proved the power of positive self talk. It is the most powerful IMHO. "Every day in every way, I'm getting better and better" Repeat often, and upbeat.

<p>CHILDREN AND TEENS</p>	<p>What to look for to know if a child or teen is struggling with anxiety, depression or OCD.</p> <p>1. First, it can be complicated. 2. They often don't tell that they're in distress even when they are. Some kids/teens want to keep things secret. Most report that they're afraid that others, especially parents, will not understand, judge, get upset, or be disappointed.</p> <p>So - trust your judgment of what you do see. Then ask and most of all listen.</p> <p>All kinds of anxiety are about avoidance. So if your child or teen is not doing things that they would like to do, enjoy doing, or used to do, it's a cause for concern. Depression can be more about changes or withdrawal from preferred activities. Depressed kids/teens can say they don't feel like it, don't care, or are too tired to do things. They often stay to themselves. Anxiety can be more about not being willing to try things or to take risks. It is different if kids or teens replace some old interests and interactions with new ones and they are glad with the changes.</p> <p>The other signs that parents do often notice are changes in eating, sleeping, energy, or physical complaints of headaches or stomach aches. If you do notice changes in these areas for more than a week or two, it would be important to ask your child/teen or even to schedule a visit with the pediatrician to review. These changes can occur in both anxiety and depression if there is not a particular stressor that could explain it,</p> <p>OCD is a land of rules and requirements but OCD is highly treatable. If you see your child having to follow rules or do things a certain way or engaging in repetitive behaviors, do ask. Also a signal that OCD is present is your child's or your time is taken up in the aspects of daily living-homework, bedtime, dressing, showering, and getting out the door for activities. Also a lot of OCD rituals are mental about doubt or gathering evidence or seeking reassurance. It is important to believe kids when they say they "have to" - and don't ask a lot of why you are doing that.</p> <p>Many children and teens do feel like they've tried to tell people in their lives, including parents and teachers that they are feeling scared, stressed, or down. And at times these people in their lives don't hear or understand how much it is bothering or impacting them. Just create a safe space and say tell me more. Most kids/teens want to tell their parents if they felt it would be ok to say it.</p> <p>For all of these childhood difficulties, it would be helpful to ask differently. Try and say straight forwardly what you observe and ask with curiosity. "I have noticed that it is taking you a longer time to get settled for bed and to get to sleep. Have you noticed that- what do you think about that, or does it bother you?" Tell me more about that.</p> <p>Do just that. If it is an interchange with your child, keep it going. However if they are not following, try not to ask a lot of other questions. Just say it seemed like a change so I wanted to check in with you. Let me know if you want to talk later. I want to know and will listen. Mostly both kids and parents say "I or they do not seem like themselves"- so share this observation without judgement. You also can get feedback from other adults like teachers and pediatricians.</p> <p>However trust your own sense if something concerns you.</p>
<p>Kids studying at home – no school.</p> <p>Build confidence, comprehension & concentration figure 8's (often called lazy 8's)</p>	<p>Being afraid that you cannot learn creates stress, and causes agitation or exhaustion. This reaction makes it really difficult to get and stay focused. This technique deals with the fear of failure without having to talk about it, and also helps with comprehension and concentration.</p> <p>This exercise can be used for studying, to help prepare presentations or speeches, or to tap into your creative skills. Anytime both sides of the brain are synchronized, we can more creatively solve any problem presenting itself in our life!</p> <p>PARENTS: If your child has problems staying still long enough to finish homework, this may be a great exercise for the both of you to do together before any homework session.</p> <p>Figure 8's (or Lazy 8's) have been used in Educational Kinesiology for students with severe learning problems. This exercise helps these students to neurologically cross the visual midline, thereby activating both right and left eyes, integrating the right and left visual fields and increasing hemispheric integration.</p> <p>Drawing Figure 8's in the air, with streamers, or against any surface improves the student's reading mechanics, symbol recognition, and comprehension (long-term associative memory). Take up to 5 minutes to do the following:</p>

Put on pleasant background music and sway to it. Move your hips in a natural figure 8 pattern. This will strengthen all energy crossovers in the body, all the way up to and through the brain.

On a blackboard or a large piece of paper taped to the wall, draw large sideways figure 8s over and over with the right hand, the left hand, and both hands. If you don't have access to paper, do the drawing motion in the air.

The larger the drawing, the more completely the body incorporates the crossover. The brain and eyes are involved more intricately by drawing smaller Figure 8s. Start drawing really large Figure 8s and continue making the figure smaller and smaller until you are drawing really tiny Figure 8s. You are then ready to begin homework, or any work that requires concentration.

If during your studies you find yourself losing concentration, take a break and do the Figure 8 exercise again! NOTE: This exercise can be done with closed eyes by imagining drawing the different sized Figure 8's (useful for when you're sitting in the classroom).

The Figure 8 is a great balancing symbol. In many traditions, it is the symbol for infinity. I interpret it to mean not only the eternal dance between endings and beginnings, but also being able to tap into all there is: the beginning, the end, and everything in between.