



How to Heal Personal, Workplace, and Managerial Stress and Anxiety

Written by Jonathan Kattenberg, LWC Founder

Decreasing stress, anxiety and increasing happiness, productivity and fulfilment is a key business/workplace challenge - facing almost every business owner, Director/Senior Manager - both in personal and workplace situations.

Financial circumstances are especially known to be a primary cause of stress and anxiety, which can become overwhelming and even debilitating - as well as causing major illness. It's possible to reduce and manage this common experience through the application of techniques derived from recent developments in fundamental human behaviour and psychology.

Understanding/recognising the human being as a "whole" entity of mind, body, spirit is not a new concept in many circles, however the application of techniques to negate serious workplace and life-style stress are often overlooked.

At Life Wealth Coaching, we have recognised the significant positive benefits that are derived from applying the specific methods to adapt the cognitive processes and shift an individual's perspectives, aligned with appropriate person-centred action planning in both individual and work-place situations. We are especially and profoundly keen to share how the "inner-world" of mind and body function leads and controls actions which create the "outer-world" we call "life" and "success". In exploring how to improve the quality of life and especially in relation to happiness, health and financial experience the human mind has to be considered as the primary source of pain or solution.

Medical journals have for many years explained how anxiety is linked to stress and can over time lead to more serious illnesses creating life-altering experiences for those involved. Our research and experience shows how, in general, limited knowledge of the power of association (in Western cultures) is potentially the root cause of individuals developing anxiety and stress. Understanding this and how to adapt/modify the mental associations that an individual may carry, is the key to unlocking years of worry, stress, fear and anxiety. Of course, actions must also be taken alongside, however the root issue is always what is occurring with the mind of the person involved.

Often misunderstood, hypnosis is a well-known word describing a healing modality that offers significant, positive benefits in circumstances where stress and anxiety are causing a wide variety of problems.

Clinical Hypnosis can provide highly specific individually tailored support whilst integrating various methods of practice ranging from Cognitive Behavioural Therapy (CBT) & Cognitive Behavioural Hypnotherapy (CBH), Neuro-Linguistic Programming (NLP), Behavioural Therapy (BT), Cognitive Therapy (CT), Psychodynamic therapy and Mindfulness, empowering a person with the ability to control how they deal with any situation that can cause a state of anxiety.

There are four key types of symptoms of anxiety:

1. Physiological /semantic symptoms (heart racing/perspiring/tensed muscles and part of the fight or flight response).
2. Cognitive symptoms (patient may feel they are having a heart attack or even dying).
Behavioural (this is where an individual may freeze-unable to move until help is presented with supportive reassurance).
3. Emotional symptoms (a sense of dread or terror)
4. Common symptoms could include a constant sense of tension/dread, an inability to relax, disturbed sleep, fatigue, dizziness, increased heart rate. Constant worry about potential problems



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How Life Wealth Coaching and Clinical Hypnosis can reduce stress

From an early age the human mind is both indirectly and directly programmed to translate events/moments/words and actions through a process of association. Over time, the individual's environment and surroundings influences the mind, creating deeply held belief systems (paradigms) that form the persons understanding of life and what is normal and acceptable to them. It also affects how they respond to new situations. When experience and circumstances occur later in life that are in conflict with the persons expectations/understanding, these deep-programmed beliefs can be the cause of harmful stress and anxiety.

We cannot separate the individual's past personal experiences from how they respond to current situations, which is what may be leading them to experience stress and anxiety, however by taking steps to understand the person and then provide transformational support, this can greatly reduce and potentially eliminate specific circumstantial stress.

An example of anxiety leading to stress on the human bodily system is explained in The Biology of Belief - Dr Bruce Lipton Phd. He described how when stress is experienced, the affect is at a whole-being cellular level. DNA strands "tighten up from an early age" and impact the function of "histones" which govern the proteins required in order for the body to either grow, or maintain a fight or flight mode.

After a while in the flight or fight mode, the human body becomes fatigued and potentially more susceptible to illness. However, when the body and mind is in a relaxed state, or more so when "In Love", there is ever more evidence supporting how cell make-up enhances genes and empowers the body to self-heal, as researched and detailed with the book Why Love Heals - Dr Dean Shrock Phd. Negative thoughts and beliefs influence stress. These can be changed - even later in life, resulting in the possibility of deep, positive and lasting transformation of the person.

Symptoms ranging from having a thumping heart, becoming suddenly scared for no apparent reason, high levels of continuous worry, feeling depressed, suffering exhaustion and fatigue, and difficulty making decisions are all common signs of stress and anxiety that are not only detrimental to health and longevity, but also out-put, performance and overall engagement and interaction.

Sometimes, once an individual makes a decision, the knock-on effect can bring further levels of worry, which in turn can create potential panic attacks, phobias, obsessive compulsive disorders which are characterised as forms of anxiety.

Recognising the plasticity of the human brain and the capability to create new neural pathways through choosing to think and behave differently at any age* (subject to condition/fundamental health) means that there are very exciting possibilities to change and create new life circumstances and also positively impact the workplace.

Naturally there are ethical considerations connected to hypnotherapy in certain situations, and this should always include personal choice and individual advocacy, however the evidence in favour of its success and impact are overwhelming, and whilst the clinician may play the leading therapeutic role, it is ultimately the choice of the patient who desires to make the change and to relieve themselves of stress, anxiety and debilitating experiences.



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Further benefits of the impact of hypnotherapy and positive psychology are that someone with a lack of confidence may inhibit their own ability to implement relevant coping strategies, as Bolger and Zuckerman (1995), found the relationship between coping and alleviation of depression was far stronger with individuals in a higher emotional level of stability. So, the higher the level of emotional stability an individual, the higher the possibility of being able to cope effectively with a given situation.

Money and Lifestyle – the source of stress and how they can be addressed

As a Life Wealth Coach and Clinical Hypnotherapist with a lengthy, highly successful career in life planning and wealth management, I have seen first-hand in many cases what is possible when a person is willing to make decisions in order to:

1. Create clarity on desired life style and longer-term goals
2. Understand in greater detail the financial possibility of current circumstances and, if appropriate, what is required to facilitate a different financial capability
3. Explore and address the thought processes around money and/or other aspects that are causing them stress and anxiety.

Summary

The impact of addressing an individual's stress and anxiety at their most fundamental level where they are created - in the mind - can lead to profound all-round improvements, which then have a positive impact on all aspects of life - including workplace interaction and productivity.

If you feel that establishing peace, alignment and inner fulfilment within a role that motivates and inspires, don't delay and contact now.

Individuals looking to enhance/develop their careers and personal life, yet find themselves repeating habits/behavioural patterns resulting in the same output/results whilst becoming ever frustrated, stressed and diss-heartened, can now look to change, transform and regain control with confidence and achieve results.

Business owners, looking to achieve optimum output, delivered results in business productivity with both a clear building and exit strategy, not only for themselves, but also for their fellow team of employees to bring a more fulfilled team who are mentally focused both for business and personal life leading to increased productivity, employee retention and development, together we can create a bespoke development program to meet your needs.