# How to Reduce Stress with NLP?

WESTEND HYPNOSIS

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# What is NLP?

NLP = Neuro-Linguistic Programming

# The Most Important Question in NLP is …

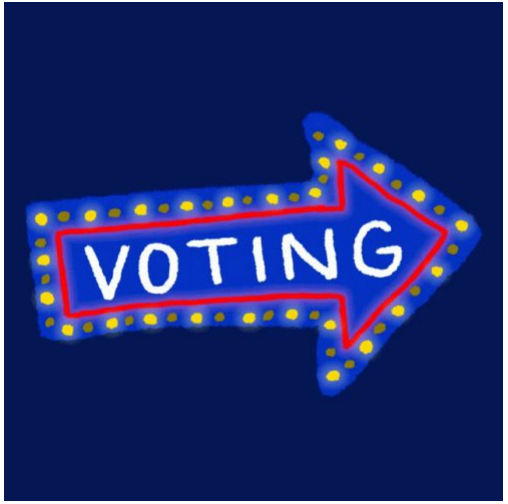
Who's Responsibility is it to _____?

VOTE

VOTE

# Causes of Stress:

Lack of Control
Unclear Expectations
Interpersonal Conflict
Too Much or Too Little To Do
Feeling Unsupported and/or Unappreciated



# #1 Cause of Stress

Quest

CD
AUX
MUTE
SETUP
A/C

# Step 1: Know Your Outcome

Focus on what you want
(not what you want to get rid of)

# Our Senses Receive 1 Million Bits per Second**
# We Process 50 Bits per Second**

**Encyclopedia Britannica

# Step 2: Level with Yourself

## Interrupt yourself OUT of: Blaming, Placating, Computing, Distracting

# What to do with the Emotions?

Let them flow, pee it out - and then focus on what you really want

# How to forgive and let go?

# Step 3: Focus on the BIG Picture

## What combo of values, attitudes and actions are most useful?

# Get OUT of Your Head

## Be in External Reality, Take Action and Learn from it

# Step 4: Ride the Wave of Change

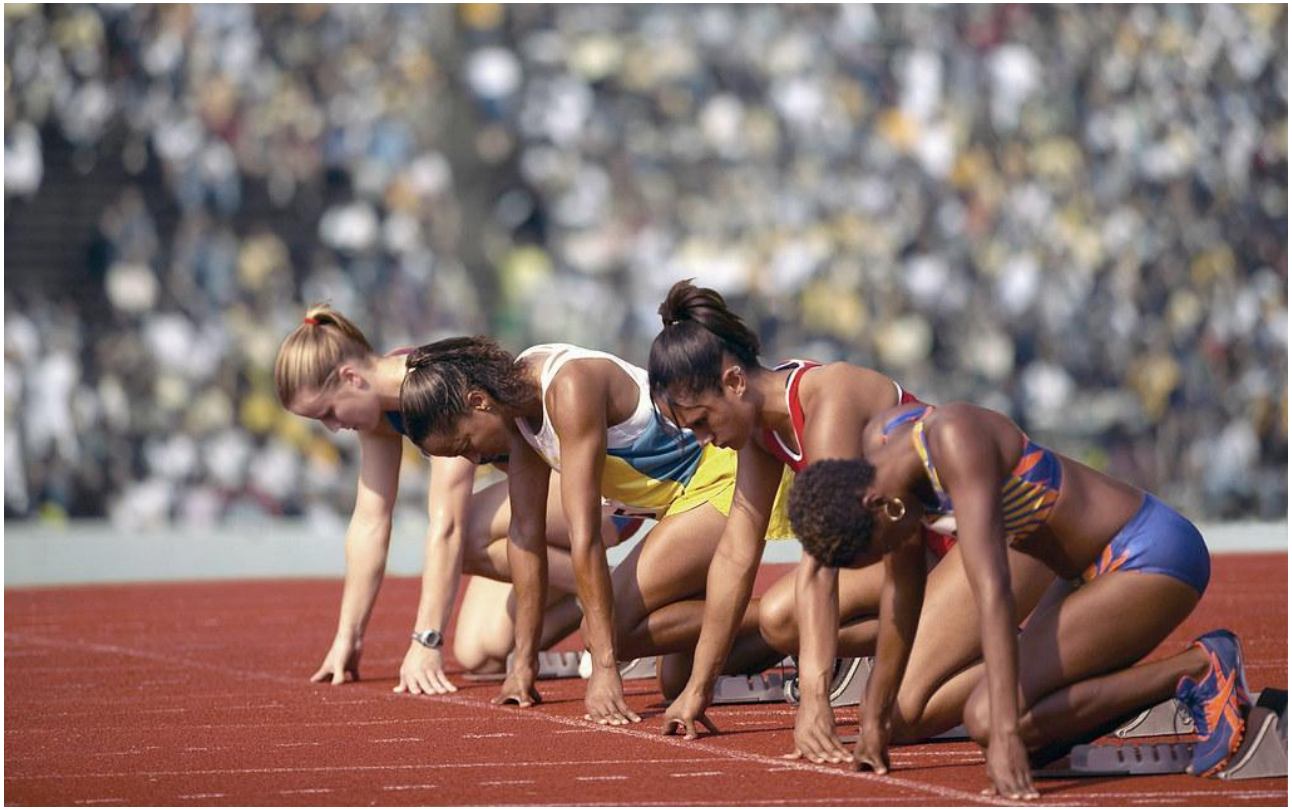
## Know when to Surrender

# Step 5: Genius Model

## Fantasize what you want for your Future

# Embrace the Adventure

## Learning is happening ALL the time!



# WESTEND HYPNOSIS

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