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# Five Rules for Overcoming Stress About Finances



Nicholas Pollak / August 6, 2012 /

OP-ED (<http://www.thefrontpageonline.com/category/op-ed>)

I was asked recently by a client who is a radio talk show host if I would like to appear on her show, a real estate program. Would I speak about how hypnosis could help people in financial difficulty because of the real estate crash?

Her original guest had canceled. She said interviewing me was a stretch, but she would tie in what I do with real estate since I already had helped her.

She found an article about how stress was affecting people having trouble making house payments. She said hypnosis tips would show how to refocus and relax. Here is the show:

<http://www.hypnotherapy4you.net/cool-stuff.php> (<http://www.hypnotherapy4you.net/cool-stuff.php>)

responsibility. Other factors may have contributed, but you are the one who must resolve your situation.

## What You Can Control

- Stop looking at all you can't do. Look at what you can. This perspective will amaze you how much opportunity you have to resolve your situation. Your resolution may not be quick. You will be surprised, though, how a new approach will clarify your thinking.
- Make sure you are eating regularly with an emphasis on protein. When stressed, your body burns sugar at a much faster rate. If your blood sugar level drops too much because you are not eating or are consuming large quantities of carbohydrates, you will think from the primitive fight/flight mental state. Your decisions will be emotional.

When well nourished with regular meals and snacks of protein, you will function from a higher level, grounded in logic and fact. You will handle the stress.

A favorite example is my wife and a house she owns. When she was laid off after 30 years with a company, she panicked because she was losing \$80,000 a year of income. She promptly called a real estate agent and put the house on the market. She did not know how long she could pay for it. The house was repainted and listed within two weeks. More than 100 people came through the first open house, netting 10 firm offers.

## Overreaction

The next day, she realized she had reacted wrongly. After re-examining her financial condition, she still could afford the house. To this day, she has not missed a payment. Shocked initially, she calmed down as it wore off, and she took a can-do attitude.

- Eliminate the phrase "I have to..." Substitute "I want to." "Have to" are chore words. "Want to" are desire words. A person who rises in the morning and complains he "has to go to work" will be much less successful than someone who says "I want to go to work today."

- Learn to relax. Use your subconscious to create success, happiness and prosperity.

subconscious. From there, everything is stored that our decisions come from. The subconscious does not decide good or bad, right or wrong, real or false. Conscious minds do that.

The subconscious has learned to give us what we ask for. While you are relaxed and have created access to your subconscious, program it by visualizing what it is that you want. The more you relax, the more you visualize, the greater the chances your subconscious gives you the changes you need.

To relax, take two deep breaths. As you breathe in, tell yourself you are inhaling relaxation and exhaling tension. Breathe normally but remember you still are inhaling relaxation and exhaling tension. Start to relax your body, from the tips of your toes to the soles of your feet, to your heels, ankles, calf muscles, knees, hips, abdomen, back, chest, shoulders upper arms, forearms, wrists – all the way to your fingers and thumbs, then back to your shoulders and up the back of your head to the top of your scalp to your forehead, eyebrows, eyelids, nose, mouth, cheeks and jaw muscle.

When relaxed, visualize what you want to achieve. It is important to not see what has happened in the past. You can overcome any problems. Obstacles only are there because you took your eye off the goal.

***If you have any questions please do not hesitate to contact me by telephone, 310.204.3321, or by email at [nickpollak@hypnotherapy4you.net](mailto:nickpollak@hypnotherapy4you.net) (mailto:nickpollak@hypnotherapy4you.net). See my website at [www.hypnotherapy4you.net](http://www.hypnotherapy4you.net) (http://www.hypnotherapy4you.net)***



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