

The Hope Street Centre

10 Hope Street, Sandbach, Cheshire, CW11 1BA

Telephone 01270 764003

JANUARY 2006 NEWSLETTER

Achieving your New Year Resolutions

MAURICE TOMKINSON

January is the time of new beginnings when we think of New Year resolutions. Why is it that all too often these do not last beyond the end of the month? In this article I offer some tips for turning these aspirations into permanent change.

WRITE IT DOWN Writing down your resolution makes it more definite, and also helps you to think it through carefully.

BE POSITIVE When writing it, focus on the positive things that will happen, rather than what you might be giving up. Goals such as "lose weight" or "give up smoking" highlight something being lost – try rephrasing these as "being slim" or "feeling healthier because I'm a non-smoker"

USE THE PRESENT TENSE Express your resolution in the present tense ("I am..."), as if you are already achieving it, rather than putting it some time in the future ("I will..."). Saying "I am cycling every day" will influence your unconscious mind more powerfully to change than a more vague statement such as "I will exercise more".

MAKE IT MEASURABLE AND DETAILED Be specific. If you want to be thinner, set a target weight. If you want to earn more money, how much? If you want a promotion, what is the new role you are seeking?

SET A DATE Set yourself a definite timescale for achieving your goal – things that we plan to do "tomorrow"



rarely happen. Mark your target date in your diary, and on your calendar, together with reminders as the target date approaches.

REALITY CHECK Ensure that your resolution is practical and realistic. Is it achievable in the timescale you have set yourself? What resources are you going to need to help you achieve your goal, and how are you going to get them?

SMALL STEPS If the goal seems to be too far off and unattainable, break it down into smaller steps and work on them one at a time.

REINFORCE YOUR RESOLVE Use a multisensory approach, using as many senses as possible – visualise your goal, write it, say it, record it and play it back. Pin up a picture at your workplace, or put it as wallpaper on your computer. Program reminders into your phone,

your computer.

SETBACKS Don't be discouraged by failures and setbacks. Reframe them as learning opportunities, look at what caused you to miss your target, adjust your plans accordingly and start again.

The techniques I have listed here are used by Life Coaches in the process of goal setting. Life Coaching is a technique which is growing in popularity as it helps people to get the most out of life. It does not attempt to deal with the types of problems addressed by counselling or psychotherapy, but it does help people to bring about positive change in very practical ways.

For more information contact Maurice on 01270 764003

The New Massage - A Gentle Giant

ROGER HOUNSLOW

Often, as individuals, we are caught up in circumstances in which we feel like victims, rather than being in control. In an effort to deal with a number of issues, both at work and at home, the resulting juggling act can create tensions in the body. Over a period of time, this can lead to increasing tightness in the muscles. Tension comes and goes, then gradually takes residence in the body, affecting our lives with unpleasant pain; most often being felt in the upper shoulder/neck area and lower back.

This distressing situation can have a cyclical effect; the aching can be so very

distracting, leading to increased discomfort, frustration, headaches and further pain.

If this has been your experience over this last year, then may I suggest a way to help arrest this unpleasant cycle – with a treatment of the most ancient healing therapy on the planet – which has become even more powerful...

NO HANDS MASSAGE

No Hands Massage is deep, releasing, rejuvenating and nourishing. It is an original approach to massage treatment. It works because I literally do not use my

hands, but instead utilise the soft surface of my forearm. This means it is both deeper and more relaxing than conventional massage. For this reason, it has been called '*The Gentle Giant of Massage*.' It is more effective than you ever thought possible.

This is massage to help your journey through life. Words and pictures cannot do justice to the power of this 'New Massage' – you can only really understand it by feeling it.

Please phone Roger on 01270 589697 to try a treatment or book a course.

Young People and Counselling

JOY HAZLEHURST

Youngsters have feelings just as adults do, but (sometimes!) express them differently. They may not have the emotional literacy to be able to understand or explain how they feel and why they react the way they do; counselling can help them, via various activities, express what is troubling them and how best to move forward. Of course, I have worked with youngsters who are happy to plonk themselves in a comfy chair and offload to their hearts content, just as I have worked with adults who were unable to emotionally string two words together.

Little ones are born with the wonderful skill of picking up on the 'vibes' around them, as we grow older we tend to lose this ability in order to conform to societies demands. How frightening it must be to sense something is going on but not understand what. The fantasy is often worse than the reality. If there is change/turmoil around a child, explain in age appropriate language and detail, what is happening and re-assure them that their own little world is safe. As difficult as it is when we are distressed, we need to put ourselves in the child's shoes and consider how this might seem to them; after all they have no control over the situation and are swept along with tide.

For instance a divorcing couple with two young children endeavoured to save their arguments until the kiddies had gone to bed, yet the eldest child picked up on the distress and was struggling. The youngsters were eventually told that Mummy and Daddy were to live in different houses and that they would stay with Mum but would be able to see Dad whenever they needed to. On the surface the situation had been dealt with well but the eldest became increasingly anxious. We discovered that whilst he was sad about his parents split he was accepting knowing they were unhappy. His anguish was around such things as 'would he still be able to see his friends' and 'what would happen to his toys?'

If you are concerned about your child or unsure how to help them through difficult times contact Joy on 0788-196-6122 to see whether counselling may be useful.

Aggression in young people

One of the most frequent reasons why parents, schools or doctors refer young people to me for counselling is because "they are aggressive and always in trouble". There could be many reasons why youngsters behave aggressively. The most common are:

LOW SELF-ESTEEM: Self-esteem is how we 'value' ourselves, those who do not like themselves generally become withdrawn, anxious and depressed. Others pretend to be tough to hide their fears and try to get peers to like them. It takes courage to say "no" to someone you look up to and fear losing, so youngsters often join in the aggression to stay with the crowd.

ROLE MODELS: Parents and schools together set the standard for the way in which young people behave. If a child spends most of their time in chaotic and hostile environments they learn chaotic and hostile behaviours.

FRUSTRATION: We all get frustrated at times, maybe: we do not feel heard or understood, find a new skill difficult or can't fix something that's broken; our hackles rise and if we've not learnt control we get angry.

DIET: Our bodies are finely tuned, if we fill them full of chemicals and 'iffy' substances we become out of balance: emotionally; mentally, behaviourally and physically. Irritability, aggression, hyper-activity is frequently linked to processed and junk food plus drink. Parents say "they won't eat anything else", yet in over 20 years of working with children and families I have only come across one with a 'starvation' disorder; young people can be re-educated to eat a nutritious diet if we provide it for them.

SLEEP: Lack of sleep brings our tolerance levels down. Late nights, noisy environments, sharing bedrooms with younger/older siblings, stuffy housing, no exercise and poor diet can affect our sleep. Not everyone needs the prescribed eight hours but we do need good quality sleep that leaves us feeling refreshed on waking.

Reconnect to Health with The Bowen Technique

FIONA FORSTER

It's the beginning of a new year; why not resolve to look after yourself with some Bowen treatment. After all whatever our starting point in the health stakes there is always room for improvement, as with it comes improved quality of life.

This will have different meanings for each of us: it may be that you are troubled by a long term condition, like asthma, IBS or migraine, which has a debilitating effect on your life; or a niggly back, or neck problem which keeps you in fear of a recurrence and prevents you from engaging in the activities in which you would like; maybe your life is stressful through work/home circumstances and you find it difficult to sleep or function efficiently during the day; maybe you are living with a specific injury, e.g. frozen shoulder, incurred at work or through a sporting activity; you could be like some of the patients I see who have a group of symptoms, seemingly disconnected, but which over all leave you feeling less well than you would like to, e.g. hormonal imbalances or fatigue.

This sounds like a tall order and you may be thinking how could one therapeutic technique possibly have an effect on such a wide range of health issues?

Some of the benefits regularly reported by people treated with The Bowen Technique are- reduced pain, increased mobility and flexibility, improved immunity, greater energy and a raised ability for coping with stress, all round a positive contribution to improved quality of life whatever your starting point at the beginning of 2006 why not invest in your health and book for some Bowen sessions. After all maintaining a healthy body promotes a feeling of well-being and that makes everything in the garden more rosy.

For more information ring Fiona on 01270 760440 to chat about your current health or to request a leaflet be sent to you. www.TheBowenTechnique.com is also an excellent source of information.

The Bowen Technique is a gentle, **HOLISTIC**, therapy. Holistic means that it treats the person as a whole, rather than as a collection of disconnected body parts. As a Bowen Therapist I work on the connective tissue of the body, the soft rolling moves, made on the muscles using thumbs and fingers, create a gentle vibration that could be compared to dropping a pebble into a pond, the 'message' travels outwards and downwards through the whole body awakening the body's own healing mechanism. This triggers the body into balancing and realigning to its optimum structure. It stimulates blood and lymph circulation and unblocks energy pathways that facilitate the body's healing power. Bowen is suitable for individuals of all ages (including new born babies and the elderly) and from the physically fit to the infirm. The pressure used is light, no strong manipulations are made, and the treatment is non-threatening, people can be treated through loose clothing and experience the session as relaxing.

The Hope Street Centre

The Hope Street Centre is an independent therapy centre dedicated to counselling, psychotherapy, holistic and complementary therapies. It is home to

over ten qualified professional therapists, who offer a range of high-quality therapies and services. We can work with individuals, couples, families, groups, businesses and organisations.

For further information or to make an appointment, please call Maurice Tomkinson on 01270 764003.

You can also visit our web site at www.hopestreetcentre.co.uk