

Issue 115:
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Anxious times

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Together for anxiety

The volunteers who have stepped up to support us

Hail the humble telephone

How phone support is having its moment

Keep calm and join our club

Our new hypnotherapy sessions

PLUS... Poetry, online support groups, news, views and more!

Pictured: Professor Ursula James by Grace Picking (see p12)

£2.99

Available at
www.anxietyuk.org.uk



Anxiety UK's new Calm Club Anxiety Relief Sessions will enable more people to benefit from an approach that provides real relief and relaxation.



Accessible, affordable and effective

The Calm Club Anxiety Relief Sessions are 30-minute, live web-based sessions delivered by an Anxiety UK Approved Therapist qualified in clinical hypnotherapy, using scripts developed and gifted by the renowned hypnotherapist and Clinical Advisor to Anxiety UK, Professor Ursula James.

Sessions are based on three different topics:

- stress management
- anxiety reduction
- positive thinking

They run at various times during the week.

An annual subscription to **Calm Club for just £10** gives you unlimited access to support. Furthermore, if you are a member of Anxiety UK and take out an annual subscription to Calm Club, you can also take advantage of a special offer currently available which entitles you to **10% off your first and last therapy fees**, when you access a course of clinical hypnotherapy through Anxiety UK.

Just £10 per annum for unlimited access

Members 10% off therapy fees

A deeper kind of relief

Hypnotherapy can help people with acute anxiety where other treatment modalities have failed.

Hypnosis allows the subject to experience deep levels of relaxation and is often used alongside classical behavioural therapies such as 'systematic desensitisation'.

Two important elements of this therapy are the ability to clearly imagine something that makes you feel anxious and then to attain a deeply relaxed state. Hypnosis helps to achieve both more easily and quickly than many other forms of treatment.

Sadly, some stigma still exists around clinical hypnotherapy - often rooted in the image of a hypnotherapist on a stage, putting someone 'under a spell'. This is a distorted view of an approach that can be a very helpful tool in relieving anxiety and helping people find peace.

Hypnotherapy is an extremely popular approach and at any given time, around 15% of Anxiety UK members access this form of therapy. **Over the last three years, results have shown that 57% of them recovered, 70% reliably improved and 54% reliably recovered.** Calm Club sessions provide a fantastic introduction to hypnotherapy and are well worth accessing.



Pictured: Professor Ursula James by Phil Benjamin

The scripts for the **Calm Club Anxiety Relief Sessions** have been kindly gifted by **Professor Ursula James, Clinical Advisor to Anxiety UK**, who delivered her own online sessions during the lockdown. She said:

"Hypnotherapy has been a fantastic support during the confinement. I honestly don't know how I would have got through without these weekly sessions.' This is a quote from an attendee on the 'COVID calmer' relaxation sessions, which I devised to help people find time and space for themselves to relax and recharge during the lockdown.

I have been a practitioner for 30 years now, and there has not been a time in my experience when hypnotherapy has been more necessary than now.

Hypnotherapy helps you to clear your mind of unwanted thoughts, relax your body and release unnecessary nervous tension, and also lifts you emotionally, through positive suggestions and focusing on the things which you can do - rather than worry about those over which you have no control.

It is easy to learn, simple to practice, and you don't need any special equipment. There is no wrong or right way.

I am very proud that Anxiety UK have taken the pilot scheme of 'COVID calmer' and written it large. The Calm Club will be of benefit to many - not just those who experience it, but those around them as the 'ripple effect of calm' takes hold."



Sessions will be delivered throughout the week at different times (mornings, lunchtimes and evenings)

For more information, or to sign up for the Calm Club Anxiety Relief Sessions, visit www.anxietyuk.org.uk/get-help/anxiety-uk-courses-and-groups/

Find out more about the clinical hypnotherapy services provided by Anxiety UK by visiting www.anxietyuk.org.uk/get-help/types-of-therapy/