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FOR IMMEDIATE RELEASE

‘Tis the Season to be Stress-Free
With the Holidays Around the Corner, It’s Time to Try Something a Little Different...

(Denver, CO) Every year the holiday season seems to creep up a little faster than the year before, bringing with it gift-buying, extra cooking, family visits, parties, airports and tricky weather. If you’re tired of feeling more run-over by the holidays than rejuvenated, it’s time to treat yourself to something new before the festivities begin: hypnotherapy.

“I see a lot of anxiety and even depression in my clients at this time of year,” says Ms. Heather Fralick, CCHt. “There is a growing amount of stress and tension these days that is entwined with the positive feelings associated with the holidays. And each year, many feel disappointed that they didn’t enjoy the holidays more – that they didn’t feel more connected with their families, or perhaps they overate or overspent, or were just too plain tired and hassled to really relax.”

For many of us, shopping in crowded malls, last-minute errands, and late nights spent cooking and celebrating with family and friends are a recipe for stress. While we may promise ourselves that *this year* we are going to slow down, simplify things and enjoy ourselves more, it can be very difficult to change our behavior without addressing some of the underlying conditioning that creates our reactions in the first place.

“Hypnotherapy works by quieting the busy conscious mind and sending positive messages directly to the subconscious,” explains Ms. Fralick. “I’ve seen excellent results with clients who ‘re-program’ their belief systems with healthier messaging who are then able to be calmer and happier in their everyday lives. Attending to ourselves first, especially during chaotic times like the holidays, is crucial for maintaining our own equilibrium and balance.”

In addition to altering lifelong beliefs and reaction patterns, hypnotherapy works by reducing blood pressure, muscle tension and lowering the production of stress hormones. Long accepted as a therapeutic tool by the American Medical Association and the American Psychiatric Association, hypnotherapy is becoming a popular treatment for anxiety and stress-related issues.

About Ms. Fralick, CCHt.: Ms. Fralick is a certified hypnotherapist with the highest level of training from the Colorado School of Counseling Hypnotherapy and a BA in Psychology. She has extensive experience in the non-profit sector helping people in the community. Ms. Fralick is a member of the Colorado Association of Psychotherapists, International Medical and Dental Hypnotherapy Association, and the American Council of Hypnotist Examiners. She is available for interviews and radio and television appearances. To view her product catalog of Self-hypnosis CDs, visit www.hypnosisbyheather.com.

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