



The Impact of Holistic Therapy on Your Wellbeing



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Lauren Rosenberg is a fear and phobia expert. She is about to publish her book "Love, Light and Liora" — moving forward when the unthinkable happens. Lauren helps children and adults conquer their phobias, anxiety, stress and fears. By combining the skills and qualifications gained over her years working as a therapist, she has developed a unique and successful formula helping both adults and children getting rid of their fear.

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AS THE YEAR GRADUALLY WINDS DOWN, ONE OF THE THINGS YOU MAY BE WONDERING RIGHT NOW IS HOW THE NEXT YEAR WOULD LOOK LIKE. YOUR CONCERNS MAY GIVE RISE TO STRESS, FEAR AND ANXIETY.

Acute stress is not necessarily a bad thing, as it is a force that keeps us going. When you perceive a threat (stress), your nervous system releases hormones and chemicals that prepare your body for the "flight-or-fight" response. However, chronic stress doesn't allow the body to recover after such a response, which can negatively affect your health in the long run. Ongoing stress can weaken your coping resources and result in mental health problems such as anxiety or depression. You might start feeling overwhelmed, lonely, and isolated. You might have difficulty focusing and struggle with negative thoughts and ruminations. Furthermore, prolonged stress can cause insomnia, loss or gain in weight, weakened immune system, chronic fatigue, and more.

For example, starting secondary school or college, transitioning into a new school year or reaching your New Year's goals can put a lot of pressure and make you feel overwhelmed. One of the most important things in coping with stress and anxiety is to understand and acknowledge your feelings. Does your new-beginning anxiety stem from insecurity and lack of self-confidence, a fear of leaving home, or do you simply dread the change?

It is possible to overcome your present health and physical challenges and improve your overall wellbeing by embracing holistic therapy. If you want to achieve your goals, then you need to be in the right frame of mind and body. So, what exactly is holistic therapy?

It's a therapy that focuses on helping you to make more balanced choices in life while adopting a more holistic approach to your treatments. Unlike many other kinds of treatments that either focus on your physical, mental, or spiritual health, holistic therapy taps into your emotions to give you a better treatment.

The primary reason why people often embrace holistic therapy is because of the physical pain they're experiencing (even though holistic therapy focuses on the emotional). Generally, in life, we have been raised to work through our emotional pains by ourselves, and we find it hard to seek treatment until our bodies begin to hurt too. The truth is that the emotional and physical are intrinsically linked. Most times, we usually experience physical symptoms due to emotional imbalance, and this is where holistic therapies come in. It works to identify the imbalance in your life and create full wellness. Some of the therapies that I use in my clinic with my clients include EFT, Reiki, Emotrance, kinesiology, eye movement therapy and several others. I have found from my experience as a therapist, that combining them in my own unique way helps to achieve excellent and fast results.



HOW DOES HOLISTIC THERAPY ENHANCE YOUR WELLBEING?

To help your body maintain its stability and wellbeing, these therapies are a positive method of not just relaxing but also balancing the biological systems of your body, resulting in your wellbeing. Instead of just addressing the immediate symptoms you may be having – your fears, anxiety, health issues, etc. – holistic therapy finds the underlying cause of your symptoms. This is achieved by looking at your current physical, emotional, mental, spiritual, and social states of health and wellbeing and by working toward restoring your body's natural balance.

PREPARING FOR THE NEXT YEAR

Being in a good state of mind and body is one thing, but you also need to set your goals for the next year. Remember that it's never too early to start planning and setting your goals. As the year gradually begins to end, it's only natural to wonder what the next year would look like; habits you would like to drop and the new ones you want to learn. When planning for the new year, the tips below can help you:

LIST YOUR ACCOMPLISHMENTS

It's only natural to focus on what to do next, but it's crucial to list your accomplishments, whether big or small. Think through each month and if possible, look through your planner to help you discover all the things you've achieved every single month.

WHAT ARE THE LESSONS YOU'VE LEARNED?

One of the best ways to prepare for the next year is to also create a list of the greatest lessons you've learned so far this year. These are the lessons you will take with you into the new year. It's also a time to learn from the unpleasant experiences that may limit you.

GET A PLANNER

You can either get a diary or download a planning app. Having a planning app helps you to stay organised, and it's one of the easiest ways to deal with procrastination and be on top of your game.

SET YOUR GOALS

This is one of the most important things to do as you plan for the next year. You can write down at least five things you want to achieve, regardless of how small or significant they may be – just write them down. Avoid writing so many things that tend to confuse you. You are better focused when you create straightforward goals. Then, depending on their significance, paste the list somewhere you can easily see them daily or safely tuck them away until the end of the new year. It will inform you of how well you're doing with your goals and help keep you focused.

STAY ACTIVE

Physical activity is a great way to reduce stress and boost positive energy. Regular exercise will help you to think clearly and feel more composed.

REFLECT ON THE PRESENT YEAR

What are the challenges you faced? Were you limited by your fears and anxiety? What are the lessons you've learned, and how do you intend to deal with the issues that bother you? Reflecting on the present year also helps you to appreciate your growth within the year and list the habits and things you want to reduce or eliminate the next year.

WATCH WHAT YOU SAY

Train yourself to be aware of the power of words in your self-talk, in your conversations, and in your writing. Every day we have the ability and responsibility to change our lives by simply paying attention to the words

we speak. And keep a positive outlook on life and trusting in God.

Stress testimonial:

"I have had the most incredible experience that has changed my life. Usually in therapy one or two sessions are spent on past experiences and current problems so I knew I was on the right track when I was asked to complete a form before the session. In the first session Lauren and I went straight to work and it only took half a further session for me to obtain the full benefit of the therapy. I am amazed how quickly it worked and how much it helped me feel free of anxiety. I have no hesitation to recommend Lauren to anyone who has a deep-rooted problem or who just is going through a hard time and needs an extra boost".

If you find yourself suffering from sleepless nights, panic attacks, anxiety or stress, take action by registering on my website for a free 20-minute phone consultation. Let's start the new year with more happiness, freedom and trust.

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