

5 Ways to Beat Stress with Self-Hypnosis

Simple, Powerful Techniques You Can Use Anytime

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Introduction

Stress can build up quietly over time or arrive suddenly when life feels overwhelming. But what if you could train your mind to respond differently?

Self-hypnosis is a natural and relaxing way to calm your nervous system and regain a sense of control. The techniques in this guide are simple, practical, and designed to be used in everyday life — whenever you need them.

You don't need special equipment or long sessions. Just a few minutes of focused attention can make a meaningful difference.



1. The 4-7-8 Hypnotic Breathing Pattern

This breathing pattern gently slows the nervous system and prepares the mind for deep relaxation.

01	02
Inhale through your nose Breathe in slowly for 4 seconds	Hold your breath Pause gently for 7 seconds
03	04
Exhale slowly Breathe out through your mouth for 8 seconds	Repeat the cycle Continue for 4 rounds

As you breathe out, you may gently say to yourself: **"I am safe. I am calm."**

There's no need to force the breath. Let it flow comfortably and naturally.

2. The Eye Fixation Technique

This classic method helps your mind shift into a calm, focused state.

Try this:

- Choose a spot slightly above eye level (on a wall or ceiling)
- Gently focus on that spot, allowing your eyes to blink naturally
- With each blink, silently repeat: **"With each blink, I feel more at ease."**
- After one or two minutes, close your eyes and enjoy the stillness



Allow your attention to soften. There is nothing you need to do next.

3. The "Safe Place" Visualisation

This technique allows your mind to rest by imagining a place of calm and comfort.

Picture your peaceful place
Imagine a location where you feel completely relaxed — real or imagined

Engage your senses
Notice what you can see, hear, and feel there

Allow yourself to soften
Let your body relax as you imagine being in this place

Rest in the moment
Spend 3–5 minutes enjoying the sense of safety and ease

You may gently remind yourself: **"I can return here anytime I need peace."**

4. Positive Suggestions Whilst Relaxed

When your body is relaxed, your mind becomes more receptive to positive ideas.

After using any of the techniques above, quietly repeat one or more of the following statements:

"I handle stress with calm and clarity."

"I am in control of how I respond."

"Each day, I feel more relaxed and centred."

Repeat slowly for 2–3 minutes, allowing the words to settle naturally.

5. Anchoring a Calm State



This technique helps you recall a sense of calm whenever you need it.

How to create your calm anchor:

- Whilst feeling relaxed, lightly touch your thumb and finger together
- Recall a time when you felt calm, safe, or at ease
- Allow that feeling to grow gently
- Practise this for a few days whilst relaxed

Over time, repeating the same thumb-and-finger gesture can help your body remember that calm state during stressful moments.

Want Help Going Deeper?

If stress or anxiety affects your sleep, focus, or daily peace, you don't have to manage it alone.

I offer personalised online and in-person hypnotherapy sessions designed to support calm, confidence, and clarity.

Book a Session

Explore support options and schedule your consultation

Book Online

📄 Take care of yourself — and remember, calm can be practised.

