

A person is walking away from the camera on a sandy beach towards the ocean. The sun is low on the horizon, creating a bright, hazy glow and casting a long shadow of the person onto the sand. The water is visible in the background, with gentle waves washing onto the shore.

**Discover the secrets to  
permanent stress and  
trauma relief and even  
removal...**

**YES...  
It IS possible!**

**Jean Cannon**

# Introduction

- Of course there are two levels of stress and trauma.
- There is the everyday stress and pressure of work and family life. Then there is also severe stress, trauma and PTSD
- This book both helps you cope with everyday stress and get back to calm more easily.
- And also explains PTSD
- **If you have severe or prolonged stress, trauma and PTSD, please contact me urgently at [jean@jeancannon.com.au](mailto:jean@jeancannon.com.au)**

# How does it happen?

- You may have been overloaded for years, getting an ever-shorter fuse...
- Then something tips you over the edge
- OR there may be something big and totally unexpected.
- One moment everything is normal then suddenly it changes. It has happened and you are plunged into a whirl of fear, pain and bewilderment.

# Back to normal?

- Ok you seem fine soon, you are back at work, you are feeling much more tired than usual, but there are things to do. You must be over it by now!
- But you are not over it. Inside your body keeps the score. Your cells are still holding that fear, pain and bewilderment.
- The trauma is still there as buried stress or unexplained anger deep inside. It doesn't go away until you release it.
- In major or prolonged stress our memory of the stress is NEVER stored.

# It's not over

- You never feel safe... you keep “going on” about it in your mind
- You may remain in a highly stressed state sometimes for many years!
- Your life is controlled by your past
- You never feel really safe or calm inside
- Because your stress is stored in the body, your logical mind can never fix it.

# Storing memories - Just imagine...

- A librarian with a truckload of books and files all arriving at once



# Storing memories - Just imagine...

- Some things don't get filed!
- Its called overwhelm
- This happens in the brain – in our hippocampus
- So they are never filed... always current

# Severe stress, anxiety, trauma and PTSD

- Is very destructive...
- Yes you can still hold your normal self together and manage for a few hours each day
- but inside you are not right yet.
- You have simply buried all that pain and fear and must release it to prevent long-term problems.



# It results in a lowered immune system

- You may go down with a heavy cold, asthma, excema or with more severe stress you may develop an auto immune disease or even cancer.
- Your body is trying to release the energy of that thing that happened by attacking your self because it can't reach the cause.

# Resolved in 3 sessions??

- It seems impossible.... but
- **PTSD can be helped much faster than people often realise.**
- Traditional treatments take years and are not very effective because you are working with your conscious mind
- Hypnosis helps because it lets you access your unconscious mind and your body where the stress is stored

# To fix PTSD

Two things are needed

- **The entire body needs to realise it is over.** This is not something that the logical mind can do – it must be a whole body response
- **The person's unconscious mind needs to feel empowered** so that they do not become overwhelmed again.

# I use 3-4 sessions of hypnosis

- We start by helping you change your limiting beliefs and blocks so that you build your confidence and self belief
- Then you become strong enough to pull the fuse out of the stressful or traumatic events in a safe hypnotic trance.
- Once the fuse is gone you are able to dream a future free from the “stuff” of the past. Its over, you are safe, you can plan your future and I help you lock that in.
- And it lasts!

# How effective?

- This is life changing.
- I do follow up after 3 months... just to check
- The only proviso is...
- Do not return to the same situation
- You need to make changes and as the empowered person you become strong enough to do so.

# PART 2

- For all of you who are able to return to calm most of the time
- Read on – there are real tips here to help you get back to calm faster.
- If these don't work, you may want to book in for the no obligation consultation to see if this can help
- You can choose your life!
- Yes, I know ... it sounds trite and too good to be true – but stop and listen...

# What is going on in your head?

- Do you have a crazy little voice in your head? We all do, and the first question you need to ask yourself is...
- **“Am I in control of my mind, or is it controlling me?”**
- Who programmed that?
- Would you say those same things that you say to yourself, to your best friend?

# Who is running your life?

- Do your thoughts race uncontrollably... and especially at night?
- Are most of your thoughts negative, stressful and things you would rather forget?
- Can you find happy thoughts or memories you can think about instead?
- **Start by observing what is happening**
- Ask yourself... “is this thought benefiting me?”



# Sending thoughts away

- If you have a “shitty” thought ...
- Just imagine you can grab that thought and flush it down the toilet
- Try it a few times, you may find you surprise yourself.

# Hold onto good thoughts

- Practice holding onto good thoughts – even a few seconds is good.
- Then gradually increase this time.
- Find something you can be grateful for
- Just be conscious
- Keep deliberately looking at your thoughts and asking “Does this thought benefit me now?”
- Always be aware whether the thought is helpful or harmful.

# If it is not helpful, let it go...

- Learn to laugh every time you catch a harmful thought “Ha, caught you again – off you go”
- Practice makes it easier
- The more you practice holding onto a good thought, the easier it gets.

# Accept what is

- Sometimes you are locked into a situation that you don't want...
- Or you are thinking things that you don't want...
- Then just allow yourself to accept this is not what you want right now...
- And decide that this will change and get better even though right now negative thoughts are not helping you.
- Don't dwell on something bad

# Can you change your past?

- You can't change your past but you can change how you think about it.
- Accept it happened and treat it as a bad thought and let it go.
- If it was something really bad you suffered enough at the time. Why would you choose to keep reliving it?
- If you can't clear this – contact me so I can help you get this fixed..

# Seriously Life Changing

- Just practice for a few minutes every day.
- You will get more control of your mind the more that you practice.
- Think of accepting what is and let thoughts like worries, anxieties, bad memories just drift away
- Don't waste your precious time and energy on things from the past or future things that have not even happened.

# A useful story

- In a far off land, two monks left their monastery to go for a walk. There were some rules... they never spoke outside the monastery and they must never touch a woman.
- After some time, they heard cries for help and saw a woman and small child stranded on rocks in the middle of a fast rising river.
- The older monk hitched up his robes and carried the child to safety and then carried the woman to the bank also.
- When they got back to the monastery the young monk said “Master, what have you done? You carried the woman” “Yes my son” said the Master “and I put her down a long time ago. You are still carrying her”

# What are you still carrying?

- Become aware of what you are carrying. It may be the past, it may be someone else's problems, it may be something that hasn't even happened and might never happen,
- Nothing stands still – it either helps you or it hurts you and it is helpful to become aware of this.
- Observe your thoughts and ask if each one is helping you or hurting you



# What sort of help do you want?

- A fully qualified hypnotherapist
- Someone who has survived and recovered from emotional and also physical trauma
- Someone who understands and has experienced enormous personal and also business stress themselves
- If you are in business, someone who has many years of business experience
- Someone who has emerged as a sane, calm and balanced person with the desire and ability to help others.
- Jean Cannon fits all these criteria.

# Jean's qualifications

- Trained in medical science and neurophysiology at two Universities.
- Plus single cell cultures
- Award winning management consultant
- Diplomas in Clinical Hypnotherapy and NLP
- NLP Master Practitioner
- A qualified Trauma Specialist
- Listed as an approved practitioner by Private Health Funds

# Contact Details

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## Websites –

- <http://quitquickadelaide.com/>
  - <http://jeancannon.com.au>
- And YES I also work just as effectively with clients from outside Adelaide using online technology that even works from a modern phone or tablet.