



Getting You There

For an intelligent approach to mind and body therapies

Welcome to the Getting You There update newsletter from Ann Finnemore, Hypnotherapist and Life Coach and Steve Finnemore, Specialist Massage Therapist. This newsletter contains:

- * News and research about mind and body therapies and coaching
- * News and updates about the services we offer.

GETTING YOU THERE September/October 2012

Latest News and Research

How does coaching help a person achieve success?

Do you have plans and intentions that somehow never get to reality? Have you been promising yourself that you will change something about your lifestyle or your career, yet are still no closer to doing so? Then perhaps investing in coaching could be the way to finally achieve what you've been meaning to do for years.

Or perhaps you've made the decision to put a plan into action and have even started on the first stages, but need someone you can discuss your plans with in an objective, non-judgemental way? Our friends and families, although well-meaning, can sometimes let their emotions, preconceptions and own limiting beliefs colour how they respond to your plans and the changes you are making. A coach, on the other hand will both listen to you and challenge you, enabling you to think around your plans ambitiously and realistically.

During the coaching process, a coach will help you formulate your goals in a way that maximising your chance of success: making sure that they are SMART (see box). A coach will also enable you to

focus on your language -- the way we talk to ourselves and the way we phrase our goals can have a huge impact on the likelihood of them ever happening. A coach will teach you a range of techniques to change the way you think about yourself and your goals so that you approach them with more confidence and in a way that clearly signals to your sub-conscious that you are succeeding now.



Coaching gets really powerful results and is well worth the investment for changes that can transform your life, your health and your happiness.

For a short audio blog on setting goals in a way that encourages success, why not listen to Ann's AudioBoo recording entitled "Setting your mind's satnav (or how to set goals for success)" at: <http://audioboo.fm/boos/997884-setting-your-mind-s-satnav-or-how-to-set-goals-for-success>

If you would like to know more about how coaching could help you, call Ann on 07523 198772 or look at the coaching pages on our website: www.gettingyouthere.co.uk.

SMART Goals

Specific: vague goals have no direction or focus and have no measure to judge success by

Measurable: so you'll know what your aiming for and when it is achieved

Achievable: goals are only of use if they are actually possible!

Realistic: checking on the specifics to see if they are realistic given all the other factors which affect them

Time framed: When will you achieve each goal and each of the steps on the way?

Reducing high blood pressure - through mind and body therapies Act early to prevent later health problems



High blood pressure (hypertension) is a real problem for many people in the UK: about 1 in 4 middle-aged people have hypertension and around half of those aged 65 or

more. It carries with it the risk of serious complications such as stroke, peripheral vascular disease and heart disease. Hypertension can be caused by a range of different things -- most of them lifestyle factors such as diet, alcohol consumption, smoking, obesity and stress. As with most health problems, hypertension is best prevented or at least tackled as early as possible -- as soon as your blood pressure begins to

consistently exceed the normal of 120/80 and before it is of a level which needs medication. Fortunately, for most people, hypertension can be reduced through making positive lifestyle changes such as losing weight, reducing alcohol intake, stopping smoking, taking more exercise, eating more healthily and managing stress more healthily.

However, for many, the idea of making so many changes seems daunting, even impossible. That's where we can help. Major lifestyle changes can be made successfully (and dare we say, even enjoyably!) using hypnotherapy and coaching to enable them. What's more, combining these approaches with bodywork therapies such as massage, reflexology and reiki can really get your

stress levels reduced and enable you to cope with stress better in the future.

So, it's worth monitoring your blood pressure (decent devices are reasonably priced) and, should your blood pressure be higher than normal, as well as contacting your GP consider coming along to see us to enable you to make those changes to your lifestyle that you know will benefit you!

Of course, prevention is the best route, so why not invest in your health and future by making those changes before you develop hypertension?

You can find out more about hypertension from this Patient.co.uk web page: <http://www.patient.co.uk/health/High-Blood-Pressure-%28Hypertension%29.htm>

Getting You There

www.gettingyouthere.co.uk
success@gettingyouthere.co.uk

Tel: 07523 198 772 for hypnotherapy and coaching and 07765 544 758 for bodywork therapies

News and Updates from Getting You There

The power of essential oil scents Lavender oil can help reduce Anxiety

Since stocking the NYR Organic range, we've been looking into the research behind the use of essential oils and have been amazed at how much evidence there is of their efficacy. For example, there was a fascinating piece of research published in 2010, in which lavender oil was shown to reduce anxiety levels in people waiting for a dental appointment.

In another study in 2006, lemon oil vapour was found to have anti-depressant and anti-anxiety effects. What's more the likely biochemical pathway in the body was also found.

One of the most fascinating pieces of research was a study published this year

in which it was demonstrated that inhalation of rose oil inhibited some of the effects of chronic stress. In particular, inhaling rose oil prevented the increase in the stress hormone cortisol, and prevented the increased loss of moisture from the skin which is what makes our skin more susceptible to infection and inflammation when we're stressed.

The evidence for many essential oils is now well-established and some of the ways in which they work are understood.

What's important for us is that we're now even more convinced of the benefits of great products based on essential oils.

As an introduction to the benefits of aromatherapy, why not pick up a "Remedies to Roll" from our clinic or from our online shop? There's one each for: Energy, Night-Time, Study, Relaxation and Stress.



Take a look at our online shop for these and other great products at <http://www.gettingyouthere.co.uk/NYR-Organic-shop-uk-AF.html>

Do you have mobility problems? We're here to help

Many people suffering from muscle stiffness and mobility problems avoid bodywork therapies such as remedial massage because they worry that they will be unable to get onto the therapy couch. After all, many couches are quite high and do require a bit of flexibility to get onto.

Here at Getting You There we appreciate the limitations such couches bring, which is why we have an electric couch which can be lowered to just 18 inches off the floor. This means it can be moved to a convenient position which makes it easy for someone to just lower themselves onto it and then it can be raised to a good working height for the massage itself. Of course, it can be lowered again to make getting off it easy too.



It's not just the height of the couch that can be altered, it also can be moved into a number of positions for those who find lying flat uncomfortable or impossible.

We also appreciate the benefit of being comfortable while having remedial bodywork therapies -- so important if you are to allow your muscles to relax and respond to treatment. For this reason the couch has extra thick foam, making your therapy experience so much nicer.

If you have any concerns about a particular therapy, or any particular needs, please give us a call and we'll do whatever we can to make sure we make your therapy not just as effective as possible, but as comfortable as possible too.

To see our full range of therapies, visit the Getting You There website at www.gettingyouthere.co.uk.

Christmas gift ideas (FREE Indian head massage with gift vouchers)

At this time of year many of us have started thinking about what Christmas gifts to buy. Often, it seems the people we're buying for already have everything and the idea of more material "stuff" seems to grow less appealing.

If you find yourself in this position, why not buy a treatment session or series of sessions? You can buy a gift voucher for a specific treatment such as a full body massage or an hour's relaxation hypnotherapy or you can buy a voucher for any amount towards one or more treatments. For larger gifts, take a look at our Holistic Solutions packages -- the perfect way to start the New Year.

If avoiding the shops at this time of year is a priority, then take a look at our online shop of Neal's Yard Remedies

Organic products. Luxurious skincare and cosmetics made from purely natural



products with no synthetics added at all. Products range from stocking filler gifts such as lip glosses or beautiful soaps to larger gift sets. The gift sets are beautifully packaged and are wonderful to receive.

Whatever your approach to the season, remember that it should be an enjoyable time with as little negative stress as

possible. Take time for yourself and keep yourself fit and well to fight off those winter bugs. Don't forget, if you do feel stressed, you can download a free relaxation session from our website -- ideal for unwinding after a hectic day. Why not give it a try?

SPECIAL OFFER:
Buy a gift voucher of £35 or more and get a FREE voucher for a 30-minute Indian head massage worth £28!

Getting You There

www.gettingyouthere.co.uk
success@gettingyouthere.co.uk

Tel: 07523 198 772 for hypnotherapy and coaching and 07765 544 758 for bodywork therapies