



HEAD QUARTERS®

Joint publication of

RACHEL ABRAMSON & ASSOCIATES

and *CENTRE FOR CAREER DEVELOPMENT*

AND ERICKSONIAN HYPNOSIS

Vol. 21(1) March 2016

BRUXISM — A LEARNED HABIT

Have you ever found yourself clenching your jaw or grinding your teeth? This is known as bruxism. It seems to be a subconscious act. We may not be aware of ourselves grinding teeth or clenching jaws, but doing so may ultimately wear down our teeth. We may even do it in our sleep, leaving us to wonder what happened to our smile when we brush our teeth. Bruxism is one of the signs we are feeling tense or stressed throughout our day. After a while, bruxism becomes a learned habit. So, what can we do about it?



Every subconscious act can be changed. Every learned habit can be unlearned. Each learned unhelpful, unhealthy habit can also be replaced with one that is far more helpful and healthy. Here are three tips to help you do just that:

TIP No. 1: Any time you find your teeth coming together or your jaw clenching, you can just lower your jaw. In this case, the act of grinding your teeth or clenching your jaw becomes the cue to relaxing the muscles in your lower jaw.

TIP No. 2: Any time you feel yourself tensing or feeling stressed, you can take a deep breathe and allow your whole body to relax. Doing so will help reverse the feelings of stress or tension in the moment, and hence reduce the subconscious need to clench jaws or grind teeth.

TIP No. 3: You can do quiet deep breathing for 15-20 minutes at a time, three times daily. You can do it upon waking up each morning, last thing at night and some time throughout the day. The effect of deep breathing may be even more powerful if combined with a relaxing bath. Doing so three times daily will reverse the effects of daily stresses and tensions, and hence reducing the tendency to clench jaws or grind teeth (day and night).

At the end of the day, anything you normally do to relax will be helpful in replacing bruxism with something more healthy. However, if you still find yourself clenching your jaw or grinding your teeth, why not make an appointment with us for a few consultations using hypnosis. At the end of the day, you too can keep your smile.

OUR MISSION

To provide a professional service, using best practices.

PPP®: \$330 per calendar year.

SEMINARS OF THE FUTURE®: \$330 per calendar year.

OUR MOTTO

- Be Proactive.
- Take Charge of Your Career.
- Look After Your Health.

We are bringing our newsletters to the electronic age. Please email us if you would like to receive CQ® and HQ® electronically. We also welcome your opinions, comments, thoughts, reflections and feedback on this and future issues of both newsletters.

You can book your place in one or more of our programs by completing the application form (see page 2 of this newsletter) or by downloading the application form from our website.



APPLICATION FORM

I would like to book into the Year 1, 2 or 4 PROFESSIONAL PRACTICE PROGRAM seminars (circle applicable year level):

Monday's pPP®, Year 1, 6.00-8.00 pm (1st and 3rd Monday, March to July)

- 7 Mar: Setting Up Your Business: What You Need to Know
21 Mar: Handling the Paperwork, including the GST
4 Apr: Processes and Procedures that Work
18 Apr: Determining Your Price and Fee Setting
2 May: Budgets and Cash Flows
16 May: Marketing Your Business: Your Product
6 Jun: Marketing Your Business: Promotion Strategies that Work
20 Jun: Marketing Your Business: Getting Your Image Right
4 Jul: Marketing Your Business: Alternate Places for Your Product
18 Jul: Marketing Your Business: Databases for Your Business

Thursday's pPP®, Year 2, 6.00-8.00 pm (weekly from 7th July to 8th September)

pPP®, Year 4, Sunday intensives

- Day 1: 19th June
Day 2: 17th July
Day 3: 31 Jul

I would like to book into the 2016 SEMINARS OF THE FUTURE®, to be held in May or October as follows:

Day 1: 1 May or 9 October
10.00 Rewiring Your Career - The Theory
11.15 The Triune Brain, Amygdala and more
02.00 Basic Principles to Rewire Your Career, pt1
03.15 Basic Principles to Rewire Your Career, pt2

Day 2: 8 May or 16 October
10.00 Rewiring Your Career from the Inside
11.15 Your Boss is not a Hungry Tiger
02.00 If You Think You Can...
03.15 How to Make the Novel Work For You

Day 3: 15 May or 23 October
10.00 Rewiring Your Career from the Outside
11.15 Are You Showing Your Age
02.00 Rewiring Bosses, Colleagues, Stakeholders Clients and more
03.15 More on Making the Novel Work For You

Fees for attendance in your preferred program for 2016 Calendar Year: \$ 330.00

Plus: Additional fee of \$220 if attending a second program in 2016. \$

Please make cheques payable to Rachel Abramson. All fees include 10% GST. Total: \$

Name: _____

Address: _____ Postcode: _____

Phone: _____ (bh) _____ (ah) Mob: _____

e-mail: _____ web: _____