



HEALTH MATTERS

In a time of global anxiety and uncertainty, it is easy to let go of good health behaviours, especially if you find yourself having to work harder to ensure your source of livelihood continues into the future.

However, it is times like these, when it is doubly important to take care of your good health and to balance work activities with the things you enjoy in life. And, the harder you 'work', or the more stressed you might feel, the harder you must 'play'. Here are some simple strategies to bring more 'play' into your life?



1. **Laughter a Day Strategy:** Laughter is considered the best medicine to wash away the stresses of the day. So, find something to laugh about every day: Pick up a joke book or join a joke-a-day e-list. Relate a joke or find someone who enjoys telling jokes.

2. **Self-Reward Strategy:** Doing something you enjoy, just for you, can literally wash away any tensions that have been building up over time. So, take a relaxing bath, engage in an enjoyable sport, dance form, or exercise activity. Learn to play an instrument or sing. Have a manicure or a facial. Read a good book. Take that photography course, or anything else you would find enjoyable to do.

3. **Relaxation Strategy:** It is also beneficial to spend time relaxing. Reading a good book is a great way to relax. So is engaging in self-hypnosis, yoga and meditation techniques. Using relaxation techniques on a daily basis will also build up your resilience to future stressors and tensions that you may experience. If you choose to use self-hypnosis as a way of relaxing, you will have the added benefit of being able to 'rewire' any faulty thinking that may be limiting your ability to achieve, feel good or have a sense of satisfaction with your life.

You may choose to engage in any one of these strategies, or a combination of strategies that you would find most enjoyable. At the end of the day, it is your good health that matters. If, after engaging in these activities, you are finding that you still feel stressed, anxious or tense, be sure to contact us for further help.

So, what are you doing to take care of you in 2003 and beyond?

OUR MISSION

To provide a professional service, using best practices.

OUR MOTTO

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

Membership: \$49 per calendar year.
As membership grows, so too, do your benefits.

Applications for membership can be made by completing the reply slip on the back page of HQ™. Send it, along with your cheque, to the address shown below.

To ensure an uninterrupted subscription to HQ™ and CQ™, be sure to advise us of any changes to your contact details.

Your opinions are important to us. We invite your comments, feedback, criticisms and etc. on this and future issues. Enquiries, or requests for further information can also be made to the address below.

FREEDOM FROM PAIN

A clinical psychologist was recently reported in the Australian Financial Review to have said: "Chronic pain serves no useful function and is, in a sense, stupid pain. The damage has already been done. The pain response will not promote any more healing, so it's useless".

As you may already know, chronic pains are those pains associated with ongoing illnesses such as arthritis and back pain.

As you might expect, this practitioner recommended taking responsibility for the pain and being active in its management. How very true. However, what is often not known is that hypnosis has helped many to manage their chronic pain, not only to leave behind the pain 'crutches', and pain killers, but also in reducing the actual experience of the pain itself. In this way, people who previously had pain as a major focus of their lives can, through the use of hypnosis, begin to enjoy their lives once more.

So, if you are a pain sufferer, what are you doing to manage your pain? If you know a pain sufferer, be sure to tell them about the benefits of hypnosis in managing their pain.



REPLY SLIP AND REQUESTS FOR INFORMATION

- I would like to become a member of Rachel Abramson & Associates and get discounts off standard rates, receive calendar year subscriptions to CQ™ and HQ™, free entry to the SEMINARS OF THE FUTURE™ and PROFESSIONAL PRACTICE PROGRAM™ Seminars, as well as library borrowing privileges. I therefore enclose my cheque for \$49. Price includes 10% G.S.T. and covers membership dues for the 2003 calendar year.
 - I would like to book into the following 2003 seminars out of the SEMINARS OF THE FUTURE™ and PROFESSIONAL PRACTICE PROGRAM™ Series. I understand these seminars are held on the first Wednesday of every month.
 - 2nd April: Marketing Your Practice: Getting Your Image Right
 - 7th May: Future of the World of Work
 - 4th June: Marketing Your Practice: Alternative Mediums to Make Your 'Product' Available
 - 2nd July: Opportunities for Your Career in the 21st Century
 - 6th Aug: Staffing the Practice: What to do When Someone Leaves
 - 3rd Sept: Your Wealth Creation Plan II: Psychology of Investing and How to Make it Work for You
 - 1st Oct: Databases: How to Make them Work for You
 - 5th Nov: Balancing Life and Work
 - 3rd Dec: Websites and Marketing for the New Millenium
 - I would like to book into the new Tuesday night PROFESSIONAL PRACTICE PROGRAM™ seminars. I understand these seminars are to be held on the first Tuesday of every month.
 - 1st Apr: Handling the Paperwork, Including the GST
 - 6th May: Processes and Procedures that Work
 - 3rd June: Determining Your Price and Fee Setting
 - 1st July: Budgets and Cash Flows
 - 5th Aug; Marketing Your Practice: Your 'Product'
 - 2nd Sept: Marketing Your Practice: Promotion Strategies that Work
 - 7th Oct: Marketing Your Practice: Getting Your Image Right
 - 4th Nov: Marketing Your Practice: Alternate Places for Your Product
 - 2nd Dec: Marketing Your Practice: Databases for Your Practice
 - I enclose my cheque for \$_____, being \$22 times the number of seminars ticked. If space permits, payments at the door will be accepted at the rate of \$55 per seminar. Price includes 10% GST.
- or:
- I am a member of Rachel Abramson & Associates. Thus, my attendance at these seminars is free.
 - I would like additional information about the:
 - CAREER DAYZ™ Program
 - FIVE STEPS Program (to setting S.M.A.R.T. goals)
 - Hypnotically Overcoming Pain Program
 - Making Self-Hypnosis and Self-Talk Work for You
 - Managing Anxiety Program
 - PROFESSIONAL PRACTICE PROGRAM™ Series:
 - SEMINARS OF THE FUTURE™ Series
 - Stop Smoking Program
 - Stress Management Program
 - Weight Management Program

Name: _____

Address: _____ Postcode: _____

Phone: _____ (bh) _____ (ah) Fax: _____

e-mail: _____ web: _____