

Hypnotherapy & Mindfulness for Low Mood and Depression

Natural tools to lift your mood and energy



Wellbeing
Pathways



I'm Carol, owner of Wellbeing Pathways

Passionate about helping you live life to the full

When I first meet clients dealing with depression, they often express exhaustion from constant worry and poor sleep. They may fear their issues are insurmountable and resolution is out of reach.

Hypnotherapy and mindfulness offer promising avenues for managing low mood and depression by addressing emotional distress at its roots and fostering present-moment awareness. Embrace these powerful tools to embark on a journey towards healing and a more balanced life.

I am a certified and registered clinical hypnotherapist and mindfulness instructor.



About

Understanding Low Mood and Depression

We all have days when we feel down. Usually, these feelings pass quickly, and we return to our normal selves. However, for some, these low moods linger, impacting daily life. Depression is characterised by a prolonged low mood, making everyday tasks challenging. It varies in severity, from mild to severe, depending on how much it disrupts your life.

In today's fast-paced world, many people battle with low mood and depression, conditions that can profoundly affect emotions, energy levels, and sleep quality.

The good news is that depression and low mood can be treated effectively and naturally. While traditional methods like medication and therapy are invaluable, there are natural tools that can quickly promote a sense of well-being. Among these complementary approaches are hypnotherapy and mindfulness. These methods offer holistic strategies for mental well-being, promoting self-awareness and relaxation.



Hypnotherapy

How Can Hypnotherapy Help Depression & Low Mood?

Hypnotherapy is a unique approach to treating depression, focusing on addressing the root causes and behaviours rather than merely alleviating symptoms. It can be a powerful tool for those looking to make lasting changes in their mental health.

Often, depression stems from hidden, subconscious issues. Hypnotherapy targets underlying causes including:

- Stressful Life Events: Such as divorce or job loss
- Grief and Loss: Coping with the death of a loved one or other significant losses
- Abuse: Physical, emotional, or sexual trauma
- Early Childhood Trauma: Addressing issues rooted in early developmental experiences
- Addiction: Alcoholism and other addictions
- Stress and Anxiety: Reducing chronic stress and anxiety levels
- Lifestyle Factors: Nutritional or exercise deficiencies that impact mental health



Mindfulness

How Can Mindfulness Help Depression & Low Mood?

Studies show that mindfulness can help with depression. Mindfulness has powerful antidepressant effects because its focus is on the present moment. If you are focused on your body sensations you aren't focusing on the past or future.

Mindfulness is the practice of being fully present and engaged in the moment without judgment. This approach helps individuals become more aware of their thoughts and feelings, allowing for better management of mental health.

Benefits of Mindfulness include:

- Enhanced awareness: Helps recognise negative thought patterns and emotional triggers.
- Emotional regulation: Reduces the intensity of negative feelings, promoting emotional stability.
- Improved focus and concentration: Enhances cognitive functions that are often impaired by depression.



Testimonials

“Carol is wonderful. She put me at ease, made me feel safe and comfortable and asked insightful questions. She made me feel like anything is possible and she has a lovely voice that it is a pleasure to listen to. I highly recommend her.”

“Fantastic service made to feel at ease from the initial phone consultation would highly recommend Carol to all my friends.”

More testimonials from past clients can be found [here](#).



Services & Fees

Low Mood & Depression options available:

Hypnotherapy or Mindfulness Appointment £70

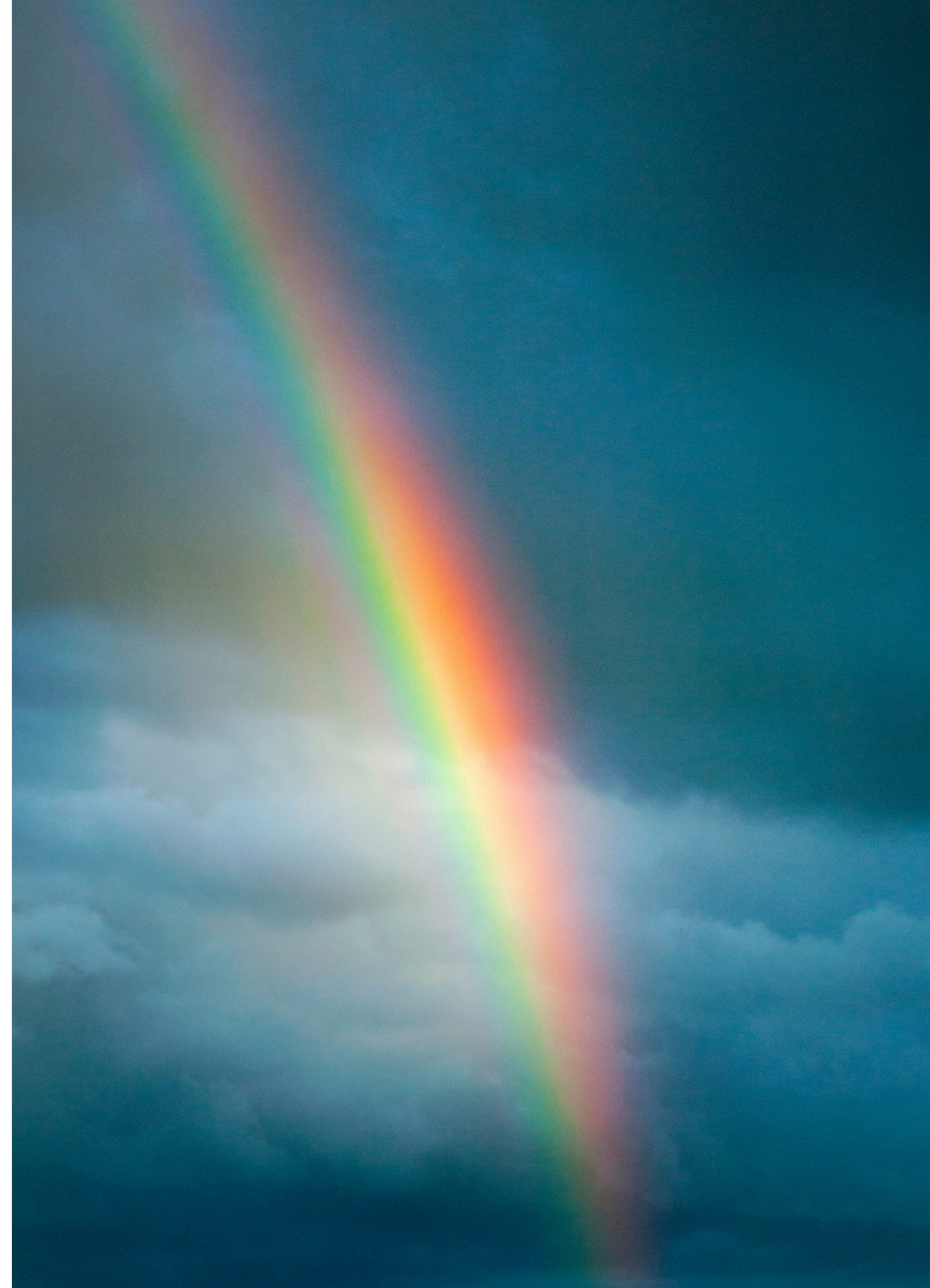
Hypnotherapy and Mindfulness to Lift Low Mood and Depression Programme £220

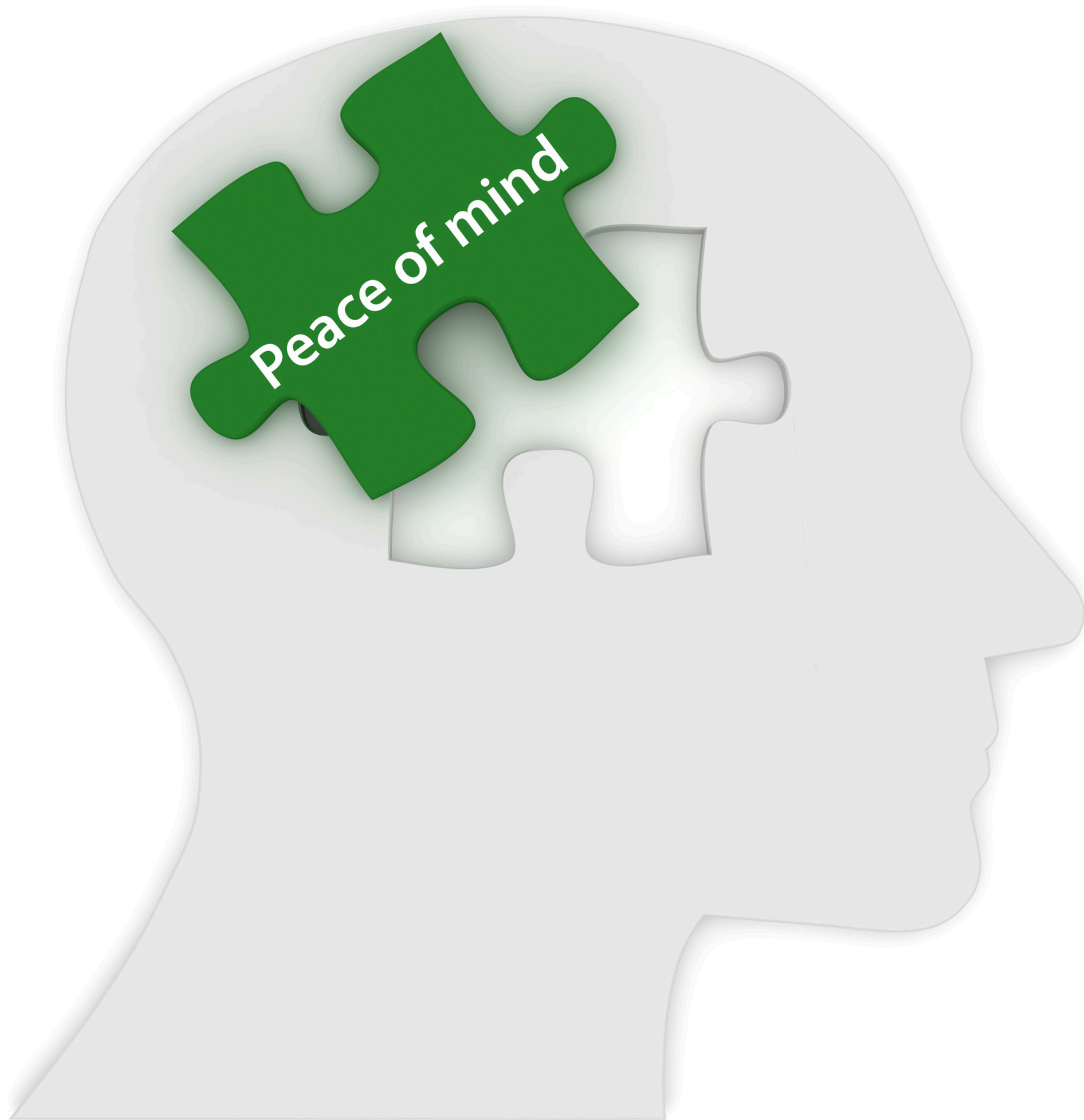
This is an individualised programme providing you with practical techniques for lifting low mood and depression. The programme includes:

- Three personalised hypnotherapy and/or mindfulness appointments
- Low mood and depression, its management information & self-help material
- Two Mp3 audios to enhance your positive mindset change

To support you, the sessions can be taken over an agreed time frame.

10% discount for NHS, Care, Emergency Services, Armed Forces apply to all sessions and packages.





Extra Info

Location

I offer in person appointments at a choice of two private clinics (Elland and Lea, nr. Preston), and also offer online sessions, please see here for [details](#)

Free Initial Consultation

To help you to decide if working together could help you, I offer a no obligation free phone call. This is a chance to explain the help you want, find out more about how we can work together and ask any questions you have.

Please contact me to book or choose a slot [here](#).

Contact Me

For further details or to make a booking:

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To visit the website:

[Wellbeing Pathways](#)

Or scan the QR code!



***Disclaimer: Results may vary from person to person.
Hypnotherapy is not suitable if you have epilepsy, psychosis or a personality disorder.***